

RESTORE. RELAX. RECLAIM.

Menopause Sleep *Reset*

NAVIGATE MENOPAUSE WITH CONFIDENCE



Practical Sleep Solutions for
Every Stage of Menopause

by Demi Nasion

MIND OVER AGE

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*Practical Sleep Solutions for
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by Demi Nasio



Menopause can bring about numerous changes, including disruptions in sleep patterns.

Insomnia is a common issue during menopause, but with the right strategies, you can improve your sleep quality.

This cheat sheet provides practical tips to help you combat menopause-related insomnia.

☑ *Establish a Consistent Sleep Routine*

Regular sleep schedules help regulate your body's internal clock.

- **Set a Regular Bedtime and Wake Time:** Go to bed and wake up at the same time every day, even on weekends.
- **Create a Pre-Sleep Ritual:** Develop a calming routine before bed, such as reading a book, taking a warm bath, or practising relaxation exercises.

☑ *Create a Sleep-Conducive Environment*

A comfortable and quiet sleep environment can significantly improve sleep quality.

- **Keep Your Bedroom Cool:** Aim for a temperature between 60-67°F (15-19°C).
- **Darken Your Room:** Use blackout curtains or an eye mask to block out light.
- **Reduce Noise:** Use earplugs or a white noise machine to minimise disruptive sounds.
- **Invest in a Comfortable Mattress and Pillows:** Ensure your bedding is comfortable and supports a good night's sleep.

☑ *Manage Stress and Anxiety*

Stress and anxiety can exacerbate insomnia and disrupt sleep patterns.

- **Practice Relaxation Techniques:** Try deep breathing exercises, progressive muscle relaxation, or guided imagery.
- **Mindfulness and Meditation:** Incorporate mindfulness practices or meditation into your daily routine to reduce stress.
- **Journaling:** Write down your thoughts and worries before bed to clear your mind. This is often referred to as a "Brain Dump"!

☑ *Watch What You Eat and Drink*

Certain foods and beverages can impact your ability to fall asleep and stay asleep.

- **Limit Caffeine and Alcohol:** Avoid having caffeine and alcohol at least 4-6 hours before bedtime.
- **Avoid Heavy Meals Before Bed:** Try to finish eating at least 2-3 hours before going to bed.
- **Stay Hydrated:** Drink enough water during the day, but limit fluid intake close to bedtime to prevent nighttime trips to the bathroom.
- **Include Protein and Complex Carbohydrates in Your Evening Meal:** These nutrients can help promote better sleep by maintaining steady blood sugar levels and providing calming effects. Consider meals like grilled chicken with quinoa, or salmon with brown rice and vegetables.



☑ *Incorporate Physical Activity*

Regular exercise can help regulate your sleep patterns and improve overall sleep quality.

- **Exercise Regularly:** Aim for at least 30 minutes of moderate exercise most days of the week.
- **Timing Matters:** Avoid vigorous exercise within 2-3 hours of bedtime as it may interfere with your ability to fall asleep.

☑ *Consider Natural Sleep Aids*

Certain natural remedies can help with relaxation and help you fall asleep.

- **Herbal Teas:** Try chamomile or valerian root tea before bed.
- **Essential Oils:** Use essential oils like lavender in a diffuser or apply them on your pillow.
- **Supplements:** Consider melatonin supplements, but consult with your healthcare provider first.



✔ *Limit Screen Time Before Bed*

The blue light emitted from screens can interfere with your body's production of melatonin, the sleep hormone.

- **Power Down Devices:** Turn off electronic devices **at least** an hour before bedtime.
- **Use Blue Light Filters:** If you must use a device, enable a blue light filter or wear blue light-blocking glasses.

✔ *Seek Professional Help if Needed*

Please Note: Persistent insomnia can indicate an underlying issue requiring professional intervention.

- **Consult a Healthcare Provider:** Talk to your doctor about your sleep issues to rule out medical conditions.
- **Consider Cognitive Behavioral Therapy (CBT):** CBT for insomnia (CBT-I) is an effective treatment that can help change the thoughts and behaviours that contribute to sleep problems.

Incorporating these tips into your daily routine can help combat menopause-related insomnia and improve your sleep quality. Remember, good sleep hygiene is crucial for overall health and well-being.



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What Sets Me Apart

What sets my approach apart is that I'm not just a coach; I'm your guide on this journey because I've walked this path myself. I combine firsthand experience of navigating the fog with a holistic approach that connects the dots between our hormones, our nutrition, our environment, and—most crucially—our sleep. My focus is on simple, powerful strategies that quiet the frantic noise of midlife and help you reclaim your energy, one restful night at a time.

My Story and Approach

My journey began when a switch flipped overnight. My mind, once my ally, felt hijacked by brain fog, but the nights were even worse—a frustrating cycle of anxiety and sleeplessness. I refused to accept this as my new normal. My approach was born from a simple decision: to fight back, not with complicated rules, but with small, powerful, intentional steps that honor our bodies. I learned that reclaiming your days starts with reclaiming your nights, and this guide is one of the foundational pieces of that map.

Success Stories

You are not alone on this journey. Here is how other women in the Mind Over Age community have found their way back to restful sleep and clearer days:

“

My mind would start racing the second my head hit the pillow. I'd lie there for hours, making to-do lists and replaying conversations. I was skeptical that something as simple as tea could fix such a deep-rooted problem. But I committed to the ritual of a warm cup of chamomile every night. It wasn't a magic pill, but it became a signal to my body that the day was over. Now, I don't just fall asleep faster; I sleep more deeply. That simple cup of tea gave me back my peace.

Emma Taylor, 56
Detroit, Michigan

“

I was the queen of scrolling through my phone in bed. I told myself it was how I 'wound down,' but I always felt wired and anxious afterward. Turning everything off an hour before bed felt impossible at first—I didn't know what to do with myself! But I followed the advice and picked up a real book instead. The difference was stunning. Within a week, my brain actually felt... quieter. The constant, low-level buzz of anxiety started to fade. This one rule has been the single biggest game-changer for my sleep.

Maisie Henderson, 54
London, UK

Hello, I'm Demi

At 58, I've gained a deeper understanding of both my body and mind than ever before.

Thank you for trusting me with your time and your hope. Thank you for allowing me to share my story with you.

As I was writing this, I looked back at my old journals from those first few years. The pages are filled with so much confusion and despair. But then, slowly, the entries begin to change.



From my journal:

Woke up at 6 a.m. Not from a hot flash, but because the sun was rising. The silence in the house feels like peace now, not emptiness. I stood by the window with my glass of water. I felt... clear. Like my own mind was finally my friend again. I can feel myself coming home.

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The Clarity & Focus Planner: Your Daily Guide to Clarity

The Sleep & Calm Planner: Your Nightly Path to Peace

- Build a daily routine for mental focus.
- Track your symptoms to uncover hidden triggers.
- Regain your clarity and memory—naturally.

- Craft a sanctuary for deep, restorative sleep.
- Learn to soothe nighttime anxiety and racing thoughts.
- Wake up feeling rested and mentally clear.



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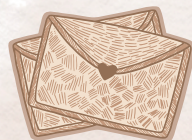




Thank You

Your Journey Starts Here!

I appreciate it and hope to serve
you again in the future.



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