

The Role of Lifestyle Medicine in Menopausal Health

Factsheet 5: Restorative Sleep in Menopausal Health

These factsheets are based on the IMS White Paper *The Role of Lifestyle Medicine in Menopausal Health: A Review of Non-Pharmacologic Interventions (2025)*. They share clear, practical information on six key areas of lifestyle medicine; healthy eating, physical activity, mental wellbeing, avoidance of risky substances, restorative sleep and healthy relationships, to support health and wellbeing during and after menopause.



World Menopause Day is held every year on 18 October.

Founded by the International Menopause Society (IMS) in 2009, it is a global awareness day that shines a spotlight on the challenges facing women during the menopause transition and highlights advances in research, education, and resources.

As the founder of World Menopause Day, IMS sets the annual theme, commissions and publishes the White Paper, and creates resources to support women, healthcare professionals, and communities worldwide.



Restorative Sleep in Menopausal Health

Why it matters

Sleep is essential for health and wellbeing, but during menopause many women experience sleep problems. Hormonal changes, night sweats, and stress can all make it harder to get good-quality rest.

Restorative sleep means more than just hours in bed, it's the kind of deep, refreshing sleep that improves alertness, mood, and energy. Poor sleep in midlife is linked to a wide range of health risks, from low mood and fatigue to long-term conditions such as heart disease and dementia.



Cognitive health



Sleep disruption affects memory, attention, and concentration.



Poor sleep during menopause has been linked with subjective cognitive decline.



Ongoing sleep problems in midlife increase the risk of dementia later in life.

Mental health



There is a strong two-way link between poor sleep and depression or anxiety.

Non-restorative sleep increases the risk of developing new depression.

Improving sleep quality over time is associated with better mood and emotional wellbeing.

Metabolic health

Poor sleep disrupts glucose control, increases insulin resistance, and alters appetite hormones.

Non-restorative sleep is linked to higher risks of obesity, hypertension, diabetes, and metabolic syndrome.

Short sleep duration (less than six hours per night) is particularly risky for midlife women.

Cardiovascular health



Sleep is recognised as one of the American Heart Association's "Life's Essential 8" for cardiovascular wellbeing.



Poor sleep quality, and either very short or very long sleep, are linked to higher risks of coronary heart disease, stroke, and cardiovascular mortality.



Sleep-disordered breathing (such as sleep apnoea) raises the risk of hypertension, heart failure, and atherosclerosis.

Key takeaway

Restorative sleep is vital for brain, heart, bone, and emotional health during and after menopause. Poor sleep can worsen symptoms and raise the risk of chronic disease, but small daily habits, from keeping a regular bedtime to limiting caffeine, can significantly improve sleep quality.

Investing in better sleep is one of the most powerful ways to support long-term health and wellbeing.



What you can do: lifestyle strategies that work

- ☐ Keep a consistent sleep schedule.
- ☐ Create a cool, dark, and quiet sleep environment.
- ☐ Limit screen time, blue light, caffeine, and alcohol before bed.
- ☐ Be active during the day to support better sleep at night.
- ☐ Eat and drink mindfully in the evening - avoid large meals and cut down on fluids before bedtime.
- ☐ Skip late afternoon naps.
- ☐ If you struggle with ongoing insomnia, ask about cognitive behavioural therapy for insomnia (CBT-I), the recommended first-line treatment in menopause.

Additional Resources

Regular exercise and healthy eating both support better sleep.

Read the Physical Activity and Healthy Eating factsheets for useful tips.





The International Menopause Society hopes these factsheets will provide useful, trustworthy guidance to support conversations with healthcare professionals, families, and communities.

Together, we can continue to improve understanding of menopause and ensure women worldwide have access to the care and support they deserve.

Access all World Menopause Day factsheets on Lifestyle Medicine in Menopausal Health online at worldmenopauseday.com

Logo Use Statement

All World Menopause Day materials are provided for personal and educational use only. Use of the IMS or World Menopause Day logos without written permission is not permitted.

For a plain-text or large-print version of this factsheet, please email: enquiries@imsociety.org

