



# Sleep Cooler and More Comfortably During Menopause

According to the National Sleep Foundation, 61% of perimenopausal and postmenopausal women report that they frequently experience insomnia. The most important thing is to find out why you aren't sleeping because many times there are other reasons besides the hormonal changes such as stress, joint pain and diseases like diabetes so it is important to talk to your doctor.

Your body starts producing less progesterone and estrogen beginning in your forties. Unfortunately these hormones also play a part in how you sleep. If you weren't sleeping well before menopause your insomnia will probably worsen.

One of the most common complaints about menopause is hot flashes that happen mostly

at night. About 85% of women experience hot flashes and sweating which interrupt their sleep numerous times during the night some are so severe that clothing and bedding have to be changed. So how can you sleep better?

- ❖ Make sure your room is cool
- ❖ Wear natural cotton sleepwear that wicks moisture away from your body.
- ❖ Don't under estimate the power of exercise on regulating hormonal shifts - just don't exercise too close to bed time.
- ❖ Look for bedding made from natural materials over synthetic. Organic bamboo bedding is particularly effective as is pure wool when choosing a covering or a mattress topper like our Pure Latex Bliss which



can all help you sleep cooler and more comfortably.

- ❖ Check your mattress.

Quite simply, many mattresses, especially ones older than 10 years, contain various amounts of polyurethane foam (a petroleum-based product). From full foam mattresses to metal spring mattresses that have layers of foam or foam pillow top mattresses, this foam retains the heat from your body. If you are tossing and turning night after night looking for a cool spot in the bed, your

mattress might be exacerbating the problem. Mattresses made from organic and natural latex could be the solution you are looking for. Natural latex offers air flow which allows you to sleep cooler. Latex has a natural open cell structure, with millions of small holes, that acts in similar fashion as the

ductwork in your home by circulating air throughout the mattress which will cool your body down. (All polyurethane foams have a closed air structure so there is no air circulation in a foam mattress.) Your movements also increase the air flow. When you roll over

you compress the air in the latex beneath you which releases air from the cells surrounding your body which cools you off.

As a bonus natural latex is anti-microbial and anti-bacterial which will limit the harmful effects of allergens like dust mites that grow in foam and other types of mattresses.

At Sleep Experience we have many natural and organic latex mattresses from which to choose. We can explain the differences and help you select one that can ease your symptoms so that you won't be starting every day tired after a restless sleep.

*Jim Conlon*

**Sleep Experience**

BETTER SLEEP BEGINS WITH YOUR MATTRESS

[www.sleepexperiencesudbury.ca](http://www.sleepexperiencesudbury.ca)

1965 Lasalle Blvd. 705-524-7533

Cedar Point Plaza 705-523-0595

