



Symptom: Insomnia

What's Happening

Hormonal shifts, night sweats, and increased anxiety can disrupt sleep patterns and lead to difficulty falling asleep or staying asleep.

What to Do

Establish a consistent sleep routine, create a calming bedtime environment.

Supplements

Melatonin, valerian root.

Food to Consider

Complex carbohydrates (whole grains, sweet potatoes), lean proteins, herbal teas (chamomile, valerian).

Lifestyle Changes

Limit caffeine and screen time before bed. Consider yoga nidra and expanded exhale breathwork.