



Trouble sleeping?

A disruption to sleeping habits is often the No.1 complaint from those in the perimenopause and menopause.

Trouble sleeping, along with various other symptoms, occur because of a change in hormones which ultimately affect your body, emotions and wellbeing – whether you are in your 40s, 30s or even 20s!

Half the population will go through the menopause. Change is inevitable but how you handle it isn't.

For evidence-based information and support during your menopause journey, download our free *balance* app on the App Store or Google Play.

balance

the menopause support app
by Dr Louise Newson

