

A Gentle Peri-Menopause Sleep Support Guide

Waking at 3am?

Understand why sleep feels broken and what can help without forcing it.

If your eyes are opening between 2-4am...

If your mind suddenly feels wide awake...

If your body feels wired but tired...

Please hear this:

This is incredibly common in perimenopause

And it is not a sign that something is “wrong” with you

This is your body asking for support, not discipline.

Why this can happen in perimenopause

There are a few key reasons this happens – and often, it’s a combination:

1. Hormonal shifts

As progesterone begins to decline, you lose one of your body’s natural calming hormones. This can make sleep lighter and more easily disrupted.

2. Cortisol timing changes

Your stress hormone (cortisol) can start rising too early – around 2-3am instead of the morning – waking you up suddenly.

3. Blood sugar dips

If your blood sugar drops overnight, your body releases cortisol to bring it back up... and that can wake you.

4. Nervous system sensitivity

If your system is already overwhelmed, nighttime becomes when the body “processes” – and that can feel like restlessness or alertness.

5. Melatonin Production If your routine before bed includes a lot of time on screens, (phones, tablets, laptops, televisions) this exposes you to a lot of Blue Light, which signals to the body that it is not time for a proper rest, so this plays havoc with your melatonin sleep hormone production.

Stress, blood sugar, melatonin and nervous system support

This is where most women need support – not stricter routines.

Your body is not resisting sleep... it is protecting you.

Focus on:

- Stabilising blood sugar
- Lowering overall stress load
- Creating safety in the nervous system
- Reduce exposure to Blue Light

Because sleep is not something you force...

It's something your body allows when it feels safe.

What to do during the day

What you do in the day *directly impacts* your night.

Start here:

Eat regularly (every 3-4 hours)

Include protein in every meal

Get natural daylight early in the day

Reduce constant "go-go-go" stress where possible

Avoid running on caffeine and adrenaline alone

Even small changes here can shift your nights.

What to do in the evening

Think: **wind down your body, not just your schedule**

Try:

- A proper dinner (not just something light or skipped)
- Reducing screen stimulation late evening, avoid screens 30/60 mins before bed
- Gentle routines (stretching, reading, calm environment)
- A small protein-based snack before bed if needed
- Watch the sunset for natural red light therapy or try a red light therapy device before sleep

This isn't about perfection – it's about signalling safety.

What to do when you wake

This is the part most women get wrong... and it creates more stress.

If you wake:

Don't panic

Don't check the clock repeatedly or doom scroll on your phone

Don't spiral into "I'm going to be exhausted tomorrow"

Instead:

Remind yourself: *"My body is safe. This will pass."*

Read a book

Keep lights low

Try slow breathing (in for 4, out for 6)

If needed, get up briefly and do something calm

Try listen to a meditation that you can follow, body scan or relaxing music

If your mind is racing with too many thoughts or to do lists, get up and do a brain dump on a notebook or piece of paper to get it out of your head

The goal is not to force sleep...

It's to remove pressure so sleep can return.

Next step into SERENE

If this is happening often, your body likely needs deeper support with:

- Nervous system regulation
- Hormone balance
- Nutrition and energy stability

This is exactly what we work on inside my **SERENE Academy**. Where women become the CEO of their own body because Perimenopause isn't the end of your body feeling like yours — it's the moment you finally understand it.

You do not need more pressure. You need support.

Love,



Your Hormone, Metabolic & Perimenopause Coach

Hormonal Balance with DNG Fitness

www.dngfitness.com

[@dngfitness_hormonal_balance](https://www.instagram.com/dngfitness_hormonal_balance)

