



RESTORATIVE SLEEP AND NIGHTTIME BALANCE NATURALLY

A free guide to improving sleep quality and nighttime hormone
repair during perimenopause and menopause

By Joanna Sochan
Wholistic Natural & Lifestyle Therapist

Disclaimer

The material in this eBook is for informational and educational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical advice, diagnosis, treatment, prescription or recommendation. All viewers of this content, especially those taking prescription or over-the-counter medications, should not make any changes in their health regimen or diet before first consulting a qualified health professional.

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Welcome!

Are you waking between 2 and 4 am with a racing mind or anxiety?

Do you struggle to fall asleep or stay asleep no matter how tired you are?

Do you wake unrefreshed, even after a full night in bed?

Sleep quality and quantity changes significantly in menopause and is closely tied to hormones and cortisol.

Hi, I'm Joanna

Sleep is one of the most powerful tools for healing and hormonal balance - yet it's one of the first things to change during perimenopause and menopause. Many women experience difficulty falling asleep, waking at night, or early morning restlessness.

These changes are often linked to fluctuating estrogen and progesterone, which affect temperature regulation, mood, and the nervous system. Restorative sleep is possible again with the right support for body and mind.

In my clinical experience, the key elements to address therapeutically for better sleep include:

- Restoring natural (circadian rhythms) and safe sun exposure
- Stress reduction
- Nutritional deficiencies and/or excess (toxicity)
- Gut detox and microbiome repair
- Diet review and monitoring
- Circadian rhythms balancing

These steps are included in my personalised therapeutic programs and consultations with clients.

This guide briefly covers

- ✓ The 4 key factors that influence sleep during menopause
- ✓ Natural ways to restore deep, restful sleep
- ✓ A nightly checklist to help you unwind and recharge
- ✓ Resources and tips that work



Key Factor #1

Hormonal fluctuations





Why it matters

Declining estrogen and progesterone can disrupt the body's temperature control and relaxation response, leading to night sweats and restlessness.

During menopause, hormone fluctuations primarily involve a decrease in estrogen and progesterone levels, which can lead to various symptoms such as hot flashes, mood swings, and sleep disruption.

These hormonal changes are a natural part of the transition into menopause, but affect each woman differently.

Natural swaps & tips

-  **Keep your bedroom cool, quiet and well-ventilated.**
-  **Use breathable cotton or linen bedding.** Avoid polyester, nylon and other synthetic fabrics.
-  **Include magnesium-rich foods** - pumpkin seeds, leafy greens, avocado, dark chocolate, to relax muscles and calm the mind.
-  **Consider herbal support:** e.g. sage, black cohosh, red clover (always check with your practitioner before use).

Balancing hormones naturally helps reduce night sweats and improve sleep quality.

Additional resources: [Joanna's hormonal harmony blog](#)



Key Factor #2

Stress & cortisol imbalance

Why it matters

High cortisol levels in the evening make it difficult to fall asleep and stay asleep.

Chronic stress keeps the body in “alert mode” preventing deep rest.

High cortisol levels during menopause can disrupt sleep patterns, leading to difficulties falling asleep and staying asleep. Elevated cortisol, especially at night, can increase feelings of anxiety and stress, further exacerbating sleep disturbances.



Natural swaps & tips



Create a calming bedtime routine - dim lights, stretch gently, and avoid screens 1-2 hours before bed.



Practice slow breathing or meditation to lower cortisol - e.g. “square breathing” calms anxiety - inhale and count to 4 - keep the breath in for 4 counts - exhale for 4 counts. Repeat for 2-3 minutes.



Avoid caffeine after 3pm and limit/ avoid alcohol in the evening. They can interfere with cortisol levels before sleep and negatively affect sleep quality and duration.



Consider herbal support - e.g. withania, passion flower or reishi mushrooms to support relaxation (always consult with a qualified practitioner before taking any herbs).

Additional resources: [Check out Joanna's cortisol and sleep connection blog.](#)



Key Factor #3

Blood sugar and evening eating habits

Why it matters

Low blood sugar at night can trigger cortisol release, waking you up in the early hours.

Late-night eating or heavy meals can also disrupt digestion and sleep.

Eating in the evening can affect blood sugar levels due to hormonal changes that influence insulin sensitivity. It's important to choose low-glycemic foods, maintain balanced meals and good hydration to help manage blood sugar fluctuations.

Poor sleep increases insulin resistance. Get consistent bedtimes, cut screen time before bed, and make your bedroom a calm, cool haven.

Natural swaps & tips

 **Eat balanced meals throughout the day to stabilise blood sugar.** Balanced meal = proteins + good fats + complex carbohydrates.

 **Avoid heavy or spicy meals close to bedtime.** Have larger breakfast and lunch meals and lighter dinners.

 **If waking at night, try a small protein snack before bed** - like a spoon of nut butter or a boiled egg. These can balance blood sugar for the night.

 **Stay hydrated but reduce fluids 1-2 hours before sleep** to avoid nighttime trips to the bathroom.

[Additional resources: Check out Joanna's top nutrition tips for insomnia blog](#)



Key Factor #4

Light, circadian rhythm & sleep environment





Why it matters

The body's circadian rhythm depends on light exposure and consistent routine. Irregular sleep times or too much artificial light at night can confuse the body's natural sleep-wake cycle.

Light exposure plays a crucial role in regulating circadian rhythms, which can be disrupted during menopause due to hormonal changes. Creating a sleep-friendly environment, such as maintaining a cool bedroom temperature and minimising light exposure at night, can help improve sleep quality during this transitional phase.



Natural swaps & tips

-  **Get morning sunlight exposure daily to reset your body clock and balance hormones and body natural rhythms naturally.** This is key to getting good sleep at night.
-  **Keep a consistent bedtime and wake-up time, even on weekends.** This creates a calming and safe rhythm for the body helping sleep and relaxation.
-  **Use blackout curtains or an eye mask to block light to maximise melatonin action for deeper sleep.**
-  **Avoid bright screens and blue light 1-2 hours before bed.** Blue light from screens (including TV) and LED light bulbs interferes with melatonin release and can keep you alert instead of winding down for sleep.

Additional resources: [Check out Joanna's sunlight as medicine blog](#)



Next steps

Here's the summary of steps to take to support restful sleep

Your daily checklist to help you unwind and recharge

- ☀️ Daily sun exposure and time in Nature
- 🌙 Cool, dark, quiet sleep environment
- 🌿 Calming bedtime routine and screen-free hour
- 🥗 Balanced meals and light evening snack if needed
- 💧 Hydration earlier in the day
- 🌿 Herbal or magnesium support for relaxation
- 🧘♀️ Gentle, enjoyable movement daily, preferably outdoors
- 🌿 Practice relaxation techniques such as slow breathing and meditation

An invitation

What you have just read is one piece of a much bigger picture. Menopause can show up in more than 100 different ways across the brain, nerves, gut, joints, skin, mood and metabolism. That's why symptoms can feel confusing and hard to pin down.

I created ["The Menopause Symptoms and Systems Guide: A practitioner's guide to the physical and emotional changes of the menopause transition"](#) to bring clarity to that complexity, and help you recognise what your body is communicating.

It includes a comprehensive symptom map and simple explanations of causes to help you see where your own patterns may sit. You may get it by clicking the button below.

[GET THE FULL GUIDE](#)

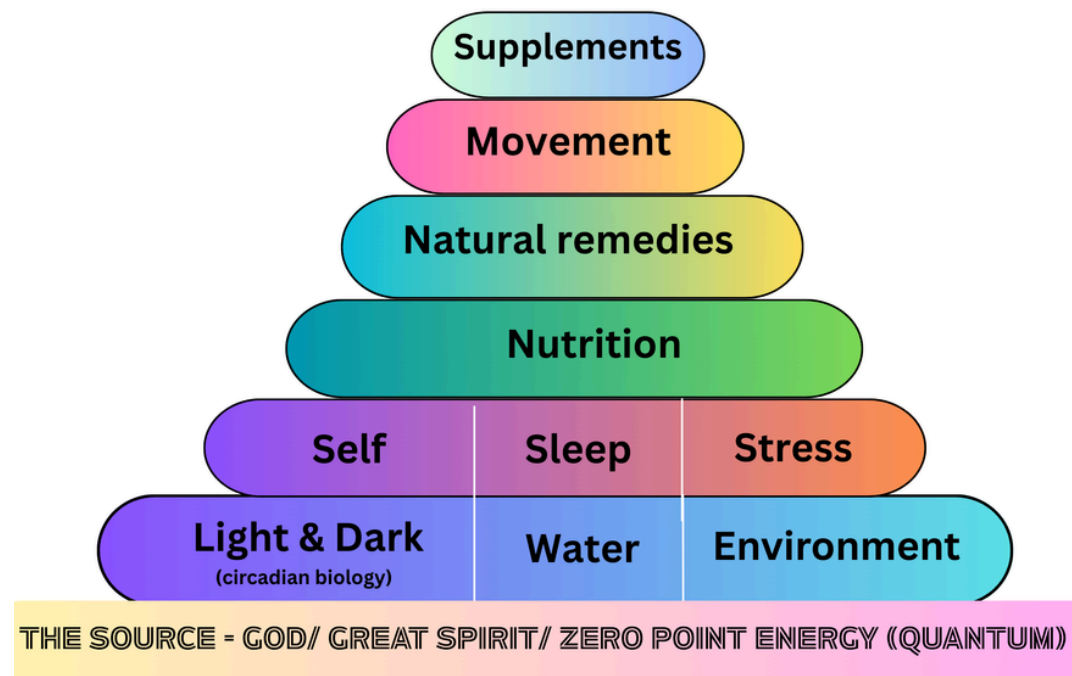
Inside, you will also find how my Naturimedica Blueprint approach supports the whole body, not just individual symptoms.

If you would like personal support, you can also learn how I work with women to create a natural, sustainable plan for their unique menopause journey inside the full guide and on the next page here.



The Naturimedica Signature Blueprint for Health & Wellbeing

One method. Many paths. Always personalised.



At the heart of the Blueprint lies a pyramid structure that reflects what, from my clinical and personal experience, truly drives lasting wellbeing:

- **~60% Lifestyle Foundations (i.e. two bottom layers = key to any transformation):** light and dark balance, hydration, nature connection and mindful environment, quality sleep and self-care, and stress reduction.
- **~30% to 40% Nutrition:** eating real, nourishing food tailored to your body's needs.
- **~10% to 15% Supplements, Natural Remedies and Movement:** targeted support to fine-tune your health and body function.

This layered approach blends natural wisdom, science and personalisation, helping you move from any imbalance or hormonal challenges toward renewed harmony and energy. **The interconnected structure ensures that every step supports the next - restoring energy, balance and vitality from the ground up.**

Explore the Signature Blueprint graphic and method to see how each layer builds upon the next, creating strong foundation for lifelong wellness.

Download your free Naturimedica Signature Blueprint guide [HERE](#) (or from the website), then connect with me for personalised support to start your own transformation journey to health and wellbeing.

www.naturimedica.com | e: joanna@naturimedica.com



Resources

For additional and more in-depth information on natural and lifestyle approaches to perimenopause and menopause visit my website: www.naturimedica.com

Here are the links to the most relevant website information:

- <https://www.naturimedica.com/category/sleep-remedies/>
- <https://www.naturimedica.com/category/hormones-menopause/>
- <https://www.naturimedica.com/category/circadian-biology/>

If you'd like more information and simple, basic guidance on other specific perimenopause or menopause symptoms/ topics, the following FREE guides are also available to review:

- Hot flushes
- Key symptoms self-check
- Gut health
- Weight loss
- Adrenals & energy
- Blood glucose management
- Sleep
- Thyroid health
- Anxiety & depression
- Brain fog
- Skin, nails, collagen
- Osteoporosis
- Hair loss
- Circadian Daily Light Guide: Practical Steps + benefits

Feel free to contact me if you'd like any of the above guides emailed to you.

Email: joanna@naturimedica.com

I also regularly publish valuable free resources and practical information on social media.

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About me



As a Wholistic Natural & Lifestyle Therapist with 15 years clinical experience, my passion is helping women to restore energy, sleep and vitality by reconnecting with Nature and its rhythms.

I combine nutrition, herbal medicines, naturopathy and lifestyle strategies with practical education, so clients can take charge of their own health.

My approach is grounded in both research and traditional naturopathy. My therapeutic strategies are always tailored to the individual.

I believe true health comes from following daily rhythms aligned with nature, and from nurturing the body with good nutrition, sleep, rest and re-establishing good function, not quick fixes. The fact is: we can't outsmart Nature!

I've seen consistently how small, habitual changes add up to create big result over time. My goal is simple: to guide you back to health with tools and remedies that are natural, safe, sustainable and effective.

Visit my website www.naturimedica.com for more information on my therapeutic approach, areas of expertise and special interest, and how to connect with me. Follow me on social media for more support and updates.

[Instagram](#)
[Facebook](#)

[LinkedIn](#)
[Wellness Blog](#)

I look forward to connecting with you and supporting you in your ongoing health journey.

Best of Health

Joanna

Joanna Sochan
Naturopath | Herbalist | Nutritionist
e: joanna@naturimedica.com





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