

12 ways menopause is secretly ageing you - from your skin to your sleep

With Menopause Awareness Month upon us, these are the tips and tricks to keep you looking and feeling your best



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Sleep

According to a study by the National Sleep Foundation, 61 percent of women going through the menopause report symptoms of insomnia. A result of less oestrogen and progesterone (which produces neurotransmitters to help you sleep) coupled with hot flushes that cause the body temperature to rise triggering you to wake results in broken sleep.

While it's impossible to predict when hot flashes strike, there are some lifestyle changes you can incorporate to try and reduce them. "A heavy meal at night will increase the body temperature because your body is working hard to digest food so things like eating earlier and going to bed at a time that feels right means you'll suffer less," advises Anandi, creator of [The Sleep Guru](#). Once a night owl, not always a night owl, apparently.