

# Getting a good night's sleep complicated by menopause

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The value of a good night's sleep can't be underestimated. Unfortunately, sleep complaints are common during the menopause transition. A new study from Canada compared sleep quality, sleep duration, and sleep disorders between postmenopausal and pre/perimenopausal women and documented increased sleep problems postmenopause. Study results are published online today in *Menopause*, the journal of The North American Menopause Society (NAMS).

Sleep disorders are one of more common complaints during menopause, affecting 40% to 60% of perimenopausal and postmenopausal women. Not only do they impair a woman's quality of life, but they also can lead to major health problems such as cardiovascular disease, diabetes, depression, and anxiety.

Multiple specific sleep disorders are also age related, including [obstructive sleep apnea](#), periodic leg movements during sleep, rapid eye movement sleep behavior, and change in the normal sleep cycle. Although multiple studies have already examined age-related sleep problems, few considered the effect of menopause status. This new study involving more than 6,100 Canadian women sought to demonstrate how sleep was affected as a woman progressed through the menopause transition.

Researchers confirmed that, compared with premenopausal and perimenopausal women, [postmenopausal women](#) required more time to fall asleep (in excess of 30 min) and were more likely to suffer from sleep-onset insomnia disorder and obstructive sleep apnea.

Study results appear in the article "Effects of menopause on [sleep quality](#) and [sleep disorders](#): Canadian Longitudinal Study on Aging."

"This study highlights links between menopause and insomnia and obstructive sleep apnea. Given

the known associations with poorer health, [sleep problems](#) should be identified and addressed in menopausal women," says Dr. Stephanie Faubion, NAMS medical director.

## More information:

[journals.lww.com/menopausejour...ideogallery.aspx.pdf](http://journals.lww.com/menopausejour...ideogallery.aspx.pdf)

Provided by The North American Menopause Society

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