

Herbs For Better Sleep during Menopause Transition

Zzzzzz



Vitex

Vitex (Chasteberry) is said to improve sleep by promoting progesterone-a relaxing hormone. It can take 2-3 months of consistent use before effects can be noticed.

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Sage

Sage has been shown to reduce many symptoms that can interrupt sleep such as: night sweats, hot flashes, muscle and joint pain, heart palpitations, and anxiety.

Zzzzzz



Valerian

Valerian is a phytoestrogen- a compound that binds to estrogen receptors and can reduce symptoms of menopause. It also has a calming effect and has been shown to improve sleep quality in menopausal women.



Lemon balm

Lemon balm is known to promote GABA, a calming neurotransmitter. Several studies have explored its use in combination with other herbs like valerian and found it can be beneficial for sleep in menopausal women.

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Lavender

A very popular herb in aromatherapy, lavender can also be added to tisanes in the evening to promote sleep quality. It is also a phytoestrogenic herb and therefore can reduce menopausal symptoms like hot flashes.

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Note: All herbs may be contraindicated, please check with your pharmacist before trying any herbal medicines

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