



WOMEN'S WELLNESS:  
FOOD, BODY, HORMONES  
Week FIVE

RELAXATION and SLEEP

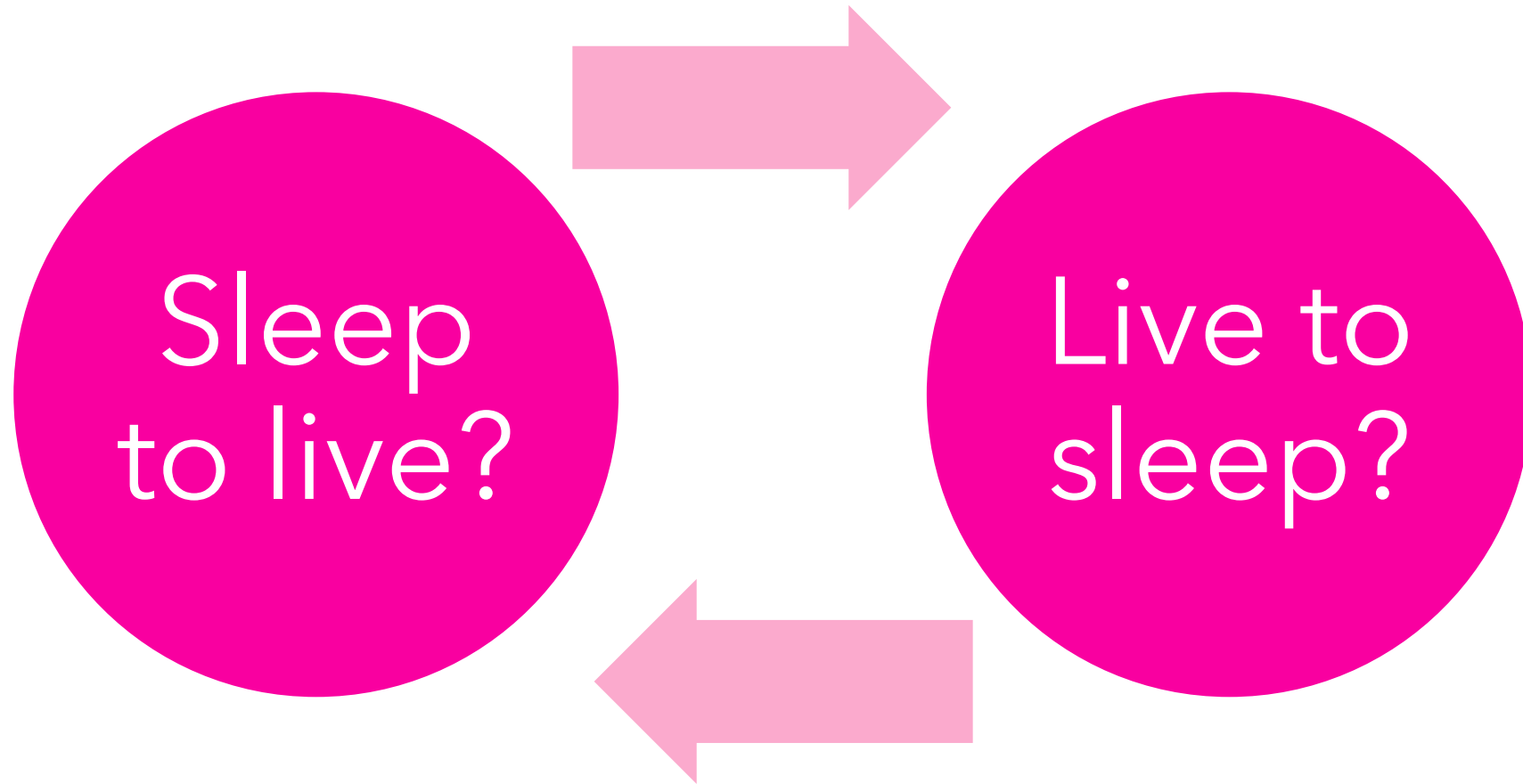
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# How do you know if your sleep is ok?

- 1. NHS online test - <https://assets.nhs.uk/tools/self-assessments/index.mob.html?variant=72>
- 2. Dr Michael Moseley's test - afternoon sit down, with a spoon!
- 3. How do you feel???

# Which way round?



# Why does it get harder to sleep?

What's happening?	Why?	What can we do?
Decreased sex hormones - direct impact	Reduced oestrogen and testosterone are linked to sleeping lighter and waking more.	Replacement Oestrogen - NHS or private Replacement testosterone - probably private Boost naturally - phytoestrogens + T friendly foods Build muscle + lower body fat. Avoid alcohol.
Vasomotor menopause	Decreasing oestrogen = night sweats	Above + improve bedding / bedroom CBT
Higher stress	Raised cortisol impacts ALL hormones negatively - particularly progesterone	Improve relaxation tools. Take time out. Avoid / reduce alcohol, sugar, caffeine
Ageing - less melatonin	Natural decrease in men & women	Prioritise your circadian rhythm. Eat well - melatonin rich foods + boost serotonin
Disturbed sleeping	Sleep apnoea, snoring - weight gain. Restless legs. Other people!	Aim to reduce excess weight. Tape up mouth at night. Get help for restless legs Eye masks and ear plugs.

# Sleep v relaxation

