

Menopausal Sleep Disorder of Women

As the women go through menopause, the ovaries gradually decrease the production of the female hormones estrogen and progesterone. Shifting of the ratios of these hormones contributes to the inability to fall asleep. The low levels of estrogen may make women more susceptible to environmental factors, such as a change in temperature. Hot flashes from temperature sensitivity can often be disruptive to sleep. Estrogen loss associated with menopause may cause depression and mood swings, which may also contribute to insomnia.