



HÄLSA
wellbeing

Sleep Tips for The Menopause

Use Magnesium Spray/Butter

Magnesium is needed more than ever during the Menopause, not only to help overcome menopausal symptoms but also to support bone health & relieve muscle tension. Magnesium Sleep Spray or Butter can help to promote deep relaxation, a sense of wellbeing & natural, peaceful sleep.

Eat Well

Try to get into good habits of eating well and not eating in the 2 hours before bed.

Try Reflexology

Try some simple tips before you go to bed: [Reflexology for Sleep](#)

Be Calm

Try a calming meditation before bed: [Sleep Meditation](#)



Eat Well



Sleep Well



Think Well



Feel Well