Her Wellness Curated

THE SLEEP GUIDE

Perimenopause Sleep: 10 Amazon Finds That Help Me Sleep Better

By Ally · 12 min read

Why sleep changes in our forties

If you used to sleep like a log and now find yourself wide awake at 3am, you're not imagining it. During perimenopause, progesterone — the hormone that has a naturally calming, sleepy effect — starts to fall, and oestrogen swings up and down. Your body's thermostat becomes more sensitive, so small rises in temperature can tip you into a flush or a sweat that wakes you.

Stress plays a part too. Cortisol, our alertness hormone, tends to rise in the early hours, which is why so many of us wake at 3 or 4am with a racing mind, writing tomorrow's to-do list in the dark. Add a busy life, teenagers, ageing parents or work, and it's no wonder we're tired.

I'm in my mid-forties and going through all of this myself. What finally helped wasn't one magic product but a simple, repeatable evening routine that works with my body instead of against it. Below is exactly what I do, hour by hour, and the finds I use at each step.

This is personal experience, not medical advice. If poor sleep is wearing you down, please talk to your doctor — there are treatment options, and you deserve to feel rested.

TONIGHT'S PLAN

8:00pm	Dim the lights and start a digital sunset
8:45pm	Cool your body down
9:15pm	Empty your head onto paper
9:45pm	Into a cool, dark, quiet bed
3:00am	Wide awake? My reset routine
6:30am	Wake gently and set up tonight's sleep

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8:00pm

Dim the lights and start a digital sunset



Bright overhead lights and screens tell your brain it's still daytime, which delays the melatonin that helps you feel sleepy. Around two hours before bed I switch to lamps, turn notifications off and put my phone on charge in the kitchen.

Then I make a pot of caffeine-free herbal tea. Chamomile, lemon balm or rooibos all work. The ritual matters as much as the tea: a few quiet minutes watching it steep is my signal that the day is winding down.

ALLY'S TIPS

- Stop caffeine by 2pm — it can linger in your system for up to ten hours.
- Keep dinner on the lighter side and finish eating two to three hours before bed.
- Go easy on wine: it may help you drop off but often triggers sweats and 3am waking.

THE FINDS

Glass Teapot with Infuser
Tip: Try chamomile or peppermint in the evening.

Ceramic Aromatherapy Diffuser
Tip: Run it 30 minutes before bed for a wind-down cue.

Personal experience, not medical advice

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8:45pm
Cool your body down



A warm shower or bath sounds backwards when you're running hot, but it helps. Warm water draws blood to your skin, and as you step out your core temperature drops — the same drop your body uses as a cue to sleep.

While I shower, the bedroom cools. I aim for around 18°C (65°F), with a quiet bladeless fan by the bed on a low setting. Then I change into moisture-wicking pyjamas that dry fast and don't cling, so a sweat doesn't mean a full change of clothes at midnight.

ALLY'S TIPS

- Keep the shower warm, not hot, and finish one to two hours before sleep.
- Choose loose, breathable sleepwear rather than heavy cotton or fleece.
- Point the fan across the bed, not straight at your face, so the airflow is gentle.

THE FINDS

Moisture-Wicking Pajama Set
Tip: Size up for a relaxed, airy fit.

Quiet Bedside Bladeless Fan
Tip: Set it on a low oscillation so it never wakes you.

Personal experience, not medical advice

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9:15pm

Empty your head onto paper



This is the step that changed my 3am wake-ups most. I spend ten minutes doing a 'brain dump' in my journal: everything I need to remember tomorrow, anything worrying me, and three small things that went well today.

Once it's written down, my brain stops rehearsing it in the dark. I follow it with five minutes of gentle floor stretches on a cushioned mat — child's pose, a supine twist and legs up the wall — to release my lower back and hips.

ALLY'S TIPS

- Write tomorrow's top three tasks, then close the book.
- Try four-seven-eight breathing: in for four, hold for seven, out for eight.
- Keep stretches slow and gentle; this isn't a workout.

THE FINDS

Guided Wellness Journal
Tip: Five minutes with your morning coffee is enough.

Extra-Thick Yoga Mat
Tip: 6mm or thicker if you have sensitive joints.

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9:45pm
Into a cool, dark, quiet bed



My bed is set up to stay cool all night. Bamboo sheets wick moisture and feel cool to the touch, and a gel memory-foam pillow stops my neck and face overheating. If I'm restless, a breathable weighted blanket helps my mind settle.

Then I block out the world: a silk sleep mask for early sunrises and a white noise machine to cover a snoring partner, traffic and early birds. Same time every night, even at weekends, so my body learns the rhythm.

ALLY'S TIPS

- Brown noise is deeper and often more soothing than white noise.
- Choose a wide silk mask band so it stays put and doesn't tug your hair.
- Try to sleep and wake at the same times seven days a week.

THE FINDS

Bamboo Cooling Sheet Set
Tip: Wash in cool water to keep them soft for years.

Cooling Gel Memory Foam Pillow
Tip: Flip to the cool side at 3am; it makes a real difference.

Mulberry Silk Sleep Mask
Tip: Choose a wide band style — it stays put and won't crease your hair.

White Noise Sound Machine
Tip: Brown noise is deeper and often more soothing than white.

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3:00am

Wide awake? My reset routine



It still happens, and that's normal. The trick is not letting a wake-up turn into a two-hour battle. First rule: don't check the time. Working out how many hours you have left only wakes you up more.

I take a sip of cold water from the bottle on my nightstand, flip my pillow to the cool side, kick a leg out of the covers and do a few slow breaths. If I'm still awake after about twenty minutes, I get up, sit somewhere dim with a calm book, and go back to bed when I feel drowsy.

ALLY'S TIPS

- Turn your clock to face the wall.
- Keep a glass bottle of water by the bed for night sweats.
- No phone — even a quick scroll can keep you up for an hour.

THE FINDS

Time-Marked Glass Water Bottle
Tip: Add a slice of cucumber or lemon to make it a treat.

Cooling Weighted Blanket
Tip: Go for roughly 10% of your body weight.

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6:30am

Wake gently and set up tonight's sleep



Good sleep starts in the morning. Instead of a jarring alarm, a sunrise clock slowly brightens the room for thirty minutes, so I wake feeling calmer, even in winter.

Within half an hour of waking I get outside for daylight, even just ten minutes in the garden with a coffee. Morning light anchors your body clock, so you feel sleepy at the right time tonight. A walk or a short strength session during the day helps too.

ALLY'S TIPS

- Morning daylight is one of the most powerful sleep tools there is, and it's free.
- Move your body most days — it builds healthy tiredness by evening.
- A sleep tracker can show weekly patterns, but don't stress over nightly numbers.

THE FINDS

Sunrise Alarm Clock
Tip: Set the sunrise to 30 minutes for the gentlest wake-up.

Slim Fitness & Sleep Tracker
Tip: Look at weekly trends rather than daily numbers.

Personal experience, not medical advice

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Start small

You don't need to do all of this tonight. Pick one step — a cooler room, a brain dump, or no clock-watching at 3am — and try it for a week before adding another. Small changes, done consistently, add up.

Our health is everything in this season of life. Looking after your sleep isn't an indulgence; it's the foundation for your mood, energy, heart, weight and memory. Be patient and kind with yourself. — Ally

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