

SLEEP & MENOPAUSE

What women should know



MENOPAUSAL TRANSITIONS INCREASE THE RISK OF OBSTRUCTIVE SLEEP APNEA (OSA)

- Hormonal changes, such as decreases in estrogen and progesterone, play a role
- POSTMENOPAUSAL WOMEN ARE 2 TO 3 TIMES MORE LIKELY TO DEVELOP SLEEP APNEA THAN PREMENOPAUSAL WOMEN
- Most women with sleep apnea are not tested

WHY?

- Symptoms may differ from men (e.g., fatigue, insomnia, mood changes)
- Sleep apnea may be misdiagnosed (e.g., as anxiety or depression)
- Stigma around sleep studies

GREATER AWARENESS AND SCREENING ARE NEEDED