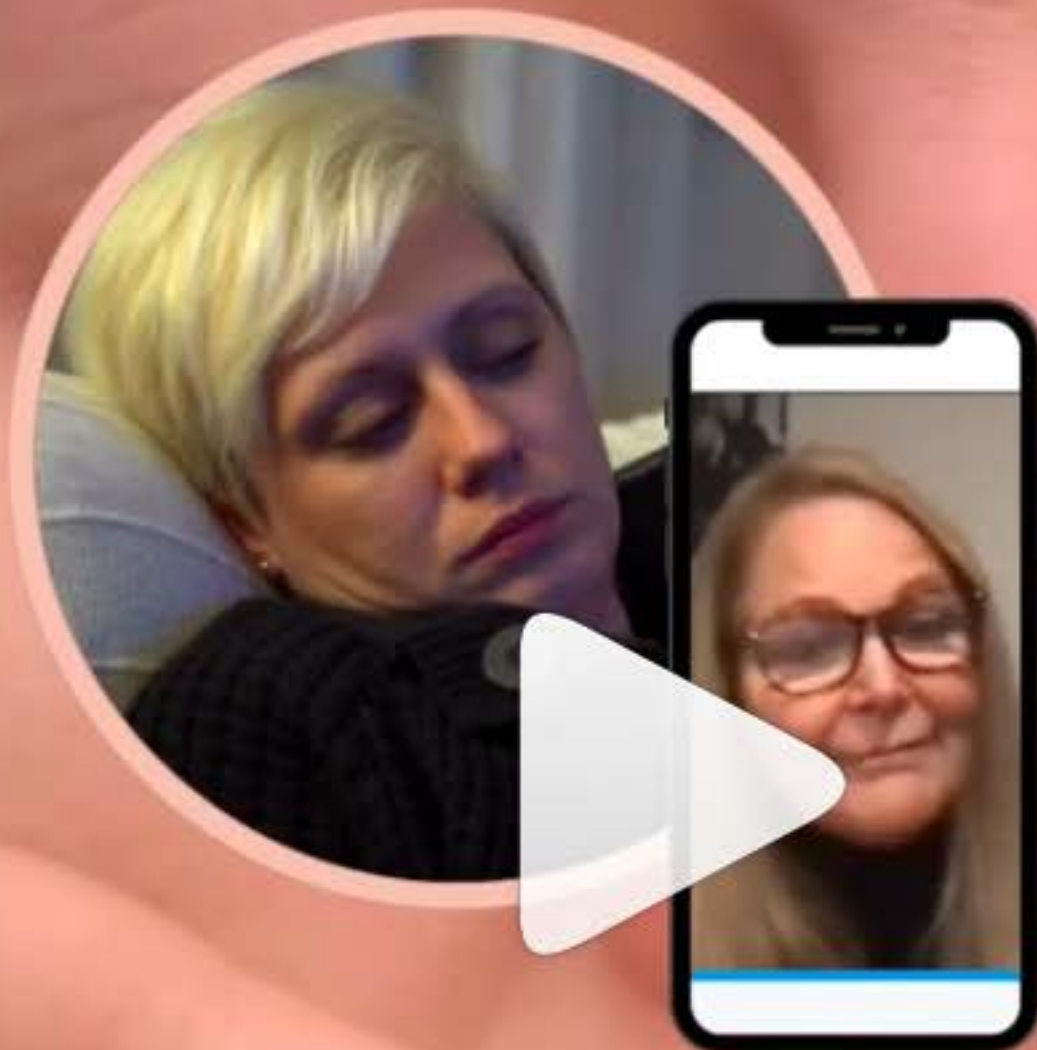


# HERE ARE THE ANSWERS



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Here are the methods on reducing fatigue during menopause from Dr. Susan Kellogg Spadt, PhD, Director of Female Sexual Medicine at the Center for Pelvic Medicine.

- ★Supplements like Equelle to help with hot flashes
- ★Exercise during the day, not at night, to get you sleepier at bedtime
- ★Large meals during the day and smaller at night to stay asleep longer
- ★Better sleep routine- white noise machine, regular schedule, keep room dark and cool, no daytime naps
- ★Yoga and Tai-chi to help you keep calm

Dr. Kellogg also reminds us that alcohol,



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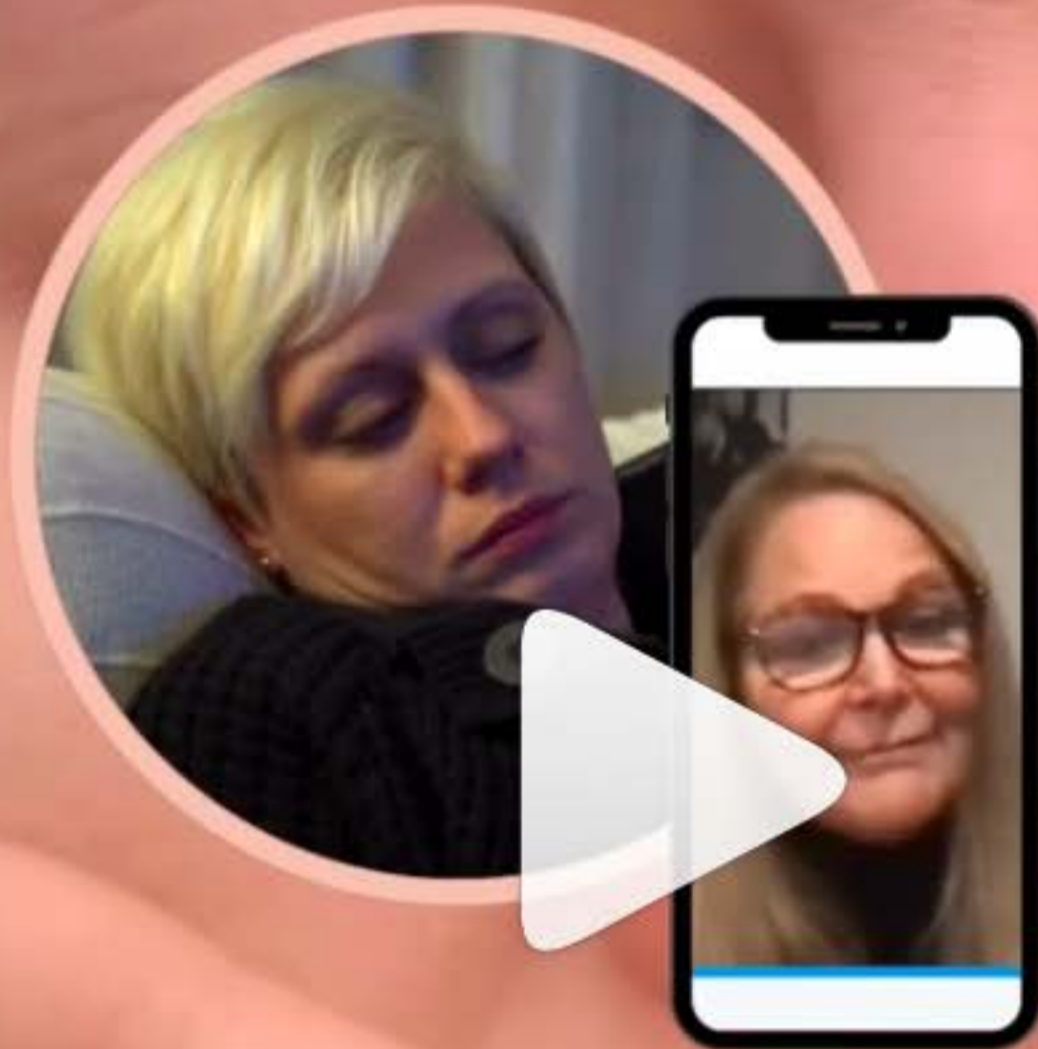
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smaller at night to stay asleep longer  
★ Better sleep routine- white noise machine, regular schedule, keep room dark and cool, no daytime naps  
★ Yoga and Tai-chi to help you keep calm

Dr. Kellogg also reminds us that alcohol, coffee, and tobacco are sleep disruptors. They do not help you fall asleep.

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