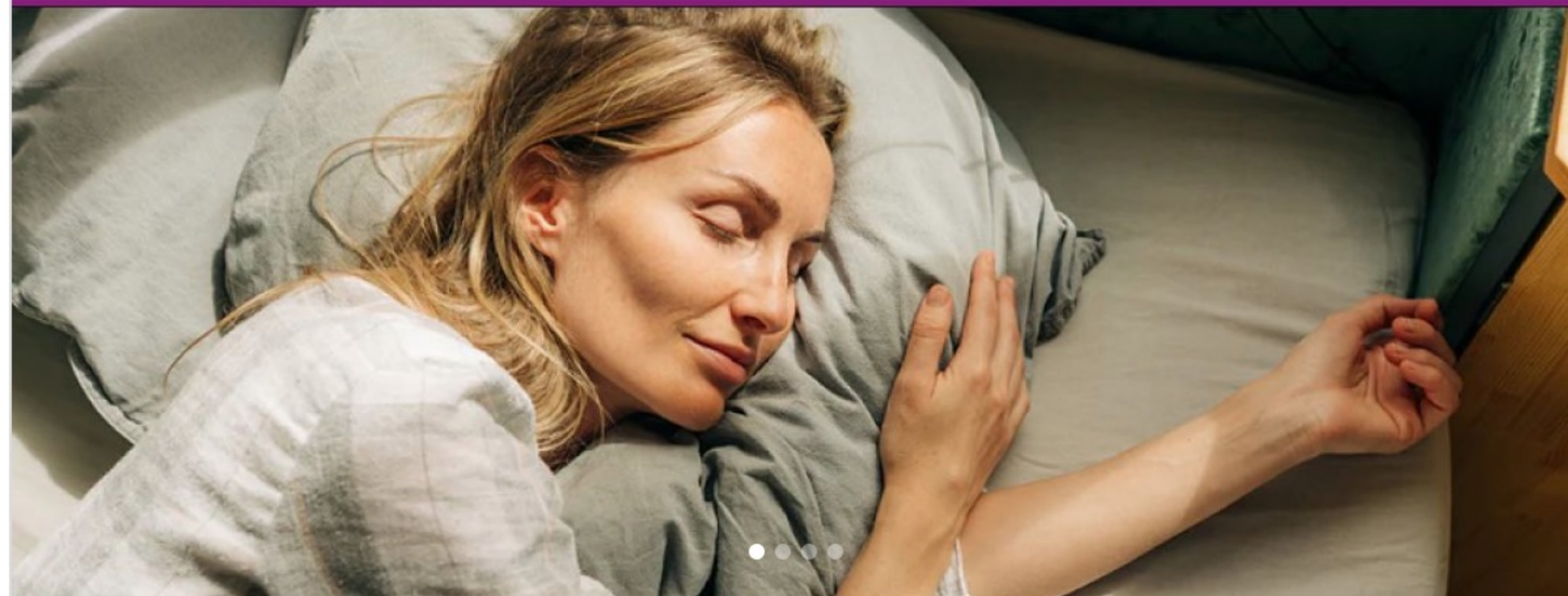
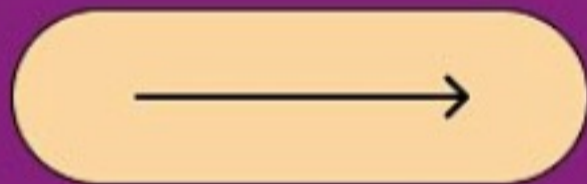




Tips for Better Sleep During Hormonal Changes



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Hormonal changes can wreak havoc in your life - especially when it comes to your sleep.

If you used to be able to fall asleep well in the past, it's possible that your sleeplessness is related to a hormonal imbalance and your body is trying to adjust to this new perimenopausal phase in your life.

If sudden hormonal changes in your body have you suffering from occasional sleeplessness, you're not alone.

In addition to taking Amberen Perimenopause, lifestyle choices can help improve your quality of sleep. To learn more about how to sleep better during hormonal changes, read the blog



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Cut Out Caffeine

Caffeine can stay in your system and make you sensitive to falling asleep because it's a stimulant and can keep you up at night. Try making a switch to decaf if you can to help lessen your caffeine intake.



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◀ Make Time for Exercise ▶

Try setting aside time each day to exercise and look for opportunities to challenge your body.

It is also important not to exercise close to bedtime because excess activity before hitting the hay can make you "wired," potentially challenging your ability to fall asleep.



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Try Amberen

Amberen Perimenopause Relief Capsules offer multi-symptom relief including occasional sleeplessness. 82%[∞] of perimenopausal women who participated in our clinical trial reported to have slept better*.

[∞]Based on a 2020 study of 105 perimenopausal women between the ages of 36-50 with mild to moderate symptoms evaluating the efficacy of Amberen® Perimenopause in the treatment of perimenopausal symptom complaints over the course of 180 days (90 days of intervention/90 days of observation).

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



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