

A close-up photograph of a woman with dark hair, wearing a white tank top, lying in bed. She has her eyes closed and a serene expression, with her hands resting over her face. The lighting is soft and focused on her face, creating a calm and restful atmosphere.

**Bedtime Routine  
to Sleep Like a  
Rock During  
Menopause**

# DISCLAIMER

This guide is for educational and informational purposes only and is not intended as medical advice or a substitute for professional consultation.

Please consult with a healthcare provider or certified professional before starting any new fitness or nutrition program, especially if you have any pre-existing medical conditions or concerns.

The creators of this guide are not liable for any injury, illness, or health complications arising from the use of this program. Always listen to your body and prioritize safety in all activities.

The client assumes all risks associated with participating in the exercise and nutrition program. By participating in the exercise and nutrition program, the client acknowledges that they have read, understood, and agree to the terms of this disclaimer.

# Your Bedtime Routine to Sleep Like a Rock During Menopause

If falling asleep (or staying asleep) has turned into a nightly battle, you're not alone.

Hormonal changes during menopause can throw your natural rhythm off, making it harder to unwind, fall asleep, and wake up feeling rested.

That's exactly why I created this quick, easy-to-follow workshop.

## Inside, you'll learn:

- The crazy way to wake up and go to sleep so you have more energy throughout the day
- What kind of books you should no longer read at night (and why)
- The #1 app to use to start your day (plus it's FREE)

Whether you're tossing and turning or just want deeper, more consistent rest, this routine can help you finally get the sleep your body's been craving.

**Watch the Workshop Here:**

<https://1211fit.com/workshops/menopausesleep>