

Morphus Sleep White Paper

Introduction / High-Level Summary

If you want to understand, manage, and navigate perimenopause and menopause, you have to understand your sleep. That's the conclusion from Morpheus' latest groundbreaking survey on menopause symptoms, which takes a deep dive into sleep, the reasons why women are finding it difficult to get a restful night in this phase of their lives - and the potential strategies required to help them relax.

Launched in 2021, Morpheus focuses on education and research to better understand the challenges women face in perimenopause and menopause. At the forefront of menopause research, Morpheus has built an engaged community, an educational website, and a survey network, enabling Morpheus to understand better what women need to manage their symptoms. Morpheus has also launched its own range of menopause-focused supplements as part of this approach.

Morpheus' **2023 Sleep Report** is the latest survey in the company's leading symptomatology research for menopause. It spoke to nearly 3,000 women in their forties, fifties, and sixties and revealed that changes in sleep are the third most common symptom in perimenopause and menopause, behind fatigue and brain fog.

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As soon as we published our influential white paper into the 103+ treatable signs and symptoms of perimenopause and menopause earlier this year, it became clear that we needed to publish one on sleep as well.

Sleep is a huge issue for more than 65% of us in this phase of life, and through this unique survey, we can now reveal why that is for women in perimenopause and menopause – and some strategies they might be able to use to overcome these problems.

—**Andrea Donsky**, Nutritionist, Menopause Educator and Menopause Researcher, and Morpheus Co-founder

Anxiety

Women are waking up between 2 and 4 am feeling stressed, having racing thoughts, and feeling unable to relax enough to go back to sleep.

Bathroom visits

This is the second most common reason for night-time disruption among this target demographic. Some women in this survey revealed they were going to the bathroom every hour on the hour during the night.

Night sweats

Women are waking up or not being able to go to sleep – because of their body temperature.

This groundbreaking research is the first time the sleeping habits of women in perimenopause and menopause have been fully understood. In publishing this white paper, Morplus can now empower women to manage their (peri)menopause experiences through its supportive community – with respect, empathy, and evidence-based information.

With this paper, Morplus can offer advice and tactics regarding sleep hygiene, as well as a range of supplements and accessories born directly out of the research.

“There are many ways the knowledge we’ve gained from this survey can help,” says Donsky. “In fact, given we’ve already found that 20 percent of women are unsure what stage of menopause they’re in, actually spotting signs such as sleep changes might inform them to better understand this phase of their life.”

“When things start to go a little bit awry for women in perimenopause, they might notice mood changes. Their bodies might feel ‘off,’ and maybe they feel more tired at the end of the day, or perhaps they are not sleeping as well. So, the more research like this that can help people gather knowledge about their bodies, the better.”

The Survey

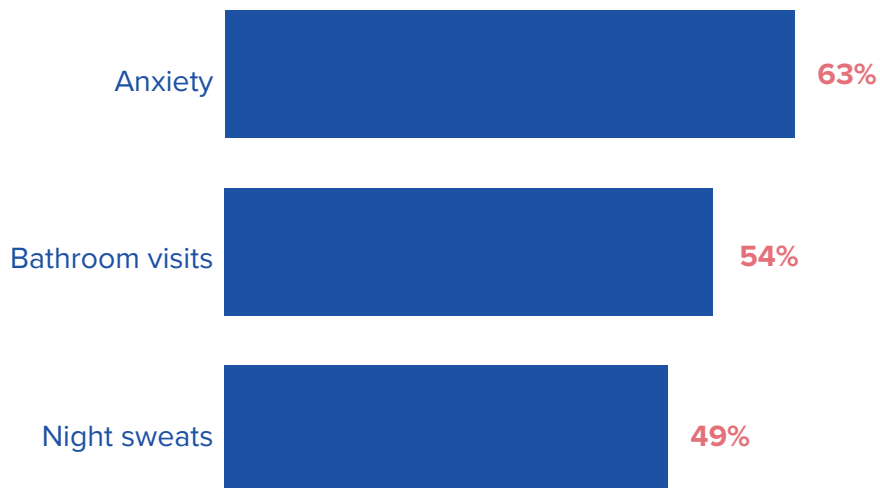
Over an extended period between 2022 and 2023, Morphus asked its community of women to consider sleep and what was preventing them from either getting a good night sleep or why their sleep was being interrupted.

2,549 people answered – 94% of whom said sleep had become an issue for them in this phase of their lives.

Women in the perimenopause stage who participated in the Sleep Research study were mostly between 45 and 54 years old, and those in menopause were mostly between 50 and 59. They showed more similarities than differences in their sleep routines.

The main sleep issues that women told Morphus they experienced were a combination of causes and effects.

94% of those surveyed said sleep had become an issue for them in this phase of their lives.



2,549 women in their forties, fifties, and sixties were surveyed

63% wake up between 2 am and 4 am every night.

It's why they did – and what is preventing them from getting back to sleep afterward – which is becoming increasingly important to understanding good sleep behaviors and the tactics we can employ to overcome these issues.

54% get up to go to the bathroom more often than they did before this stage of life.

49% experience night sweats, anxiety, and stress during the night

Research indicates that some menopausal women wake up immediately before they

experience night sweats. It appears that changes in the brain, rather than a feeling of heat itself, trigger some women to wake up - although others wake up in their sweat, too. With decreasing estrogen and other hormones, women in perimenopause and menopause are more prone to having issues with managing stress when they get into this phase of life. Indeed, another Morphus survey found that 66% of women felt more stressed than they used to.

Morphus' Sleep Research Study also reveals that approximately **a quarter of the women** surveyed had at some point found it was taking them a long time to fall to sleep, were light sleepers, or suffered from muscle spasms, aches, and restless legs.

Insomnia as a condition is also a factor for 27% of women. Indeed, the American Academy of Sleep Medicine finds insomnia as the most common sleep disorder in older adults, defined by having trouble falling and staying asleep and interfering with daytime activities such as concentration and mood issues.

Adults between 18 and 64 need 7 to 9 hours of sleep, and a cross-sectional study in the family medicine outpatient department at St Philomena's Hospital, Bengaluru, showed an association between age, diabetes, and insomnia - but 27 percent of patients with insomnia did not realize they had it.

Meanwhile, women are more prone to having sleep issues than men, and women report having poorer quality and more disrupted sleep across different stages of life. **Experts believe it's due to hormones.**

Taking a long time to fall asleep
OTHER COMMON REPORTED EXPERIENCES Being a light sleeper
Suffering from muscle spasms, aches, and restless legs
Insomnia

Sleep Routine Research

At least seven in ten women surveyed were already aware enough about the importance of good sleep that they had employed at some point - or continued to employ - a sleep routine. That comprised a number of behaviors: going to bed at around the same time every night, reading, taking magnesium and/or melatonin, drinking a cup of tea, taking a shower or warm bath, listening to soft music, watching TV, keeping lighting low/off, meditation or avoiding using their phone.

However, women in menopause were also more likely to take longer than one hour to fall asleep.

Morphus' Sleep Survey found that the majority of women go to bed between 9 and 11 pm - encouraging given our research has proved that the earlier we go to bed, the more quality deep sleep we achieve. This is where the survey results are so compelling; women in perimenopause and menopause are actively taking steps to try to get a better night's sleep, but yet they're still getting woken up because of stress, anxiety, and changes to their bodies.

That immediately leads Morphus to surmise that further lifestyle, behavioral or routine changes - or perhaps supplements - are likely to be required for many.

As one respondent said:

"I take away the phone and any noise hours before [bed]. No eating or drinking hours before [bed]. Meditation, in any form, to clear my mind and when going to bed, I turn my brain off, no noise or light in the room. Keep the room as cool as possible. I go even further and use all-natural bedding."

Supplements and medication research

Overall, 7 in 10 of the surveyed respondents had not taken prescription medication to help them sleep, and only a minority were considering taking it. Only 1 in 10 said they take it regularly.

In fact, 65% of women responded, saying they either would **never take prescription medication for sleep** or would rather try something else - such as supplements - if sleep was becoming an issue.

At the same time, just over half of those surveyed are either taking supplements regularly to assist a restful night, when they feel they need them, or considering them.

Melatonin and magnesium were the most cited supplements.

The solutions: So, what can we do about sleep in menopause?

The research outcomes from this survey have led Morphus to conclude that when it comes to getting a good night's sleep in perimenopause and menopause, there are three main areas to consider: Sleep hygiene, sleep routines and sleep supplements. It's become increasingly clear through its research that we need to set ourselves up for success regarding sleep.

Sleep Hygiene

When it comes to sleep hygiene, keeping the bedroom dark is the first priority. That helps the body to create or produce melatonin, encouraging us to fall - and stay - asleep. Using blackout blinds or a sleep mask are good options.

"I use a sleep mask every night as I find it helps me get a better night's sleep," says Andrea Donsky.

Then, women need to ensure the bedroom is cool and quiet. Keeping the temperature between 65 and 68 degrees is an ideal sleep temperature according to sleep experts – especially if you have night sweats, and using comfortable earplugs is an option if you have a partner who snores or pets coming into the room.

Eating too close to bedtime (within three hours of going to sleep), particularly heavy meals with animal protein, is to be avoided. By eating late, our body is busy digesting as opposed to repairing, which is what we want it to do throughout the night.

Avoid drinking alcohol at least five or six hours before bed. Although alcohol might help you fall asleep faster, once it metabolizes it can cause you to wake up in the middle of the night.

Finally, an increasingly common issue is people using digital devices (such as phones and tablets) before bed. If it's absolutely necessary, then use blue-blocking glasses or nighttime filters.

Sleep Routine

70% of the women who filled out the Morpheus Sleep Survey said they had some sort of sleep routine. So, what can that look like?

Before you are even thinking about bedtime, combine a sleep routine with an exercise routine. Regular exercise can help peri/menopausal women achieve better sleep quality and quantity—but do that workout during the day rather than before bedtime.

As the day winds down, taking a warm bath with Epsom salts, a form of magnesium, helps to relax muscles. Essential oils on the pillow are another option our respondents say works well.

Practice relaxation techniques. Deep breathing, massage, yoga, meditation, and visualization are a few stress-reducing methods you can use before going to bed to help you relax.

Supplements

Morphus has spent several years researching ingredients that are specific and effective for helping sleep in perimenopause and menopause. We now have a number of tried and tested products proven to help women in this phase of life get to sleep quicker, stay asleep longer, and sleep deeper.



Morphus Magnesium contains a bioavailable form of elemental magnesium, which is bound to the amino acid glycine – an amino acid that helps us to relax so we can sleep better. Taking 300-450 milligrams before bed is a game changer when it comes to sleep. In addition, when you feel stressed, your body depletes magnesium — which then causes more stress. It is a vicious cycle and most likely one of the main reasons why up to 80% of us are deficient in this mineral.

Morphus DIM is a premium grade diindolylmethane – a powerful nutrient derived from cruciferous veggies like broccoli, kale, brussels sprouts, cabbage, and cauliflower – which is clinically proven to balance estrogen, increasing the production of beneficial estrogens and reducing the unwanted varieties. Morphus DIM uses an enhanced emulsification delivery system to maximize absorption, too, helping to reduce some of the symptoms affecting sleep such as night sweats but also tackling breast soreness, hormonal acne, PMS and hot flashes too.



Morphus Pycnogenol® is derived from French maritime pine bark to reduce the severity and frequency of hot flashes and night sweats. Backed by science and clinically tested with 40 years of research and 160 clinical studies, it's a perimenopause & menopause must-have for all women as it has been shown to help with more than 30 symptoms of perimenopause and menopause.

Morphus also has another product called **Sleepus**, packed with ingredients clinically proven to switch off and reset the stress response in your body. This gives you the power to cope with stress better, reset your nervous system, allowing you to fall asleep faster, stay asleep longer, and wake up feeling rested.

Sleepus is formulated using four well-researched, science-backed ingredients. Lactium® increases vasopressin (an anti-diuretic hormone) and



helps to regulate cortisol levels so your body can get the optimal amount of sleep it needs and minimizes overnight bathroom visits. L-Theanine helps you relax your mind and fall asleep faster, while the Magnesium Bisglycinate Chelate promotes relaxation, improves sleep quality, and increases HRV (heart rate variability). Finally, the micronized Sustained-Release Melatonin tells our body it's time to sleep and releases gradually over six hours so you stay asleep longer.

Accessories

Morphus also has a cooling bag, made of super soft material. Fill it with water and ice, and place it anywhere on your body during moments of hot flashes and night sweats to help cool you down.

Conclusion

This groundbreaking research into sleep during perimenopause and menopause has convinced Morphus and the community it is proud to have grown and supported that not only is sleep a major issue for women in this stage of their lives, but also that there isn't a single, one-size fits all solution.

Instead, through a complementary approach of sleep hygiene, sleep routine and Morphus' supplements, women can use the knowledge this survey has uncovered to better manage the reasons why they are finding it difficult to get a restful night's sleep. With this knowledge and the strategies in this white paper, it's possible now to point women towards a better night's sleep in perimenopause and menopause.

About Morphus

Morphus combines the words "metamorphosis" + "us" (Morph/us) to represent the beauty and hope of women's transformation through menopause. Cofounded by Andrea Donsky and Randy Boyer, Morphus encourages women to reimagine menopause as a journey of empowerment by offering them an interactive community, research-based educational resources, and science-based supplements to support their bodies and provide symptom relief.

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