



Why Am I Awake at 4 AM?

A midlife woman's checklist for those nights when her body is exhausted, but her brain refuses to cooperate.

CHECK ANY THAT SOUND FAMILIAR:



STRESS & NERVOUS SYSTEM

- ☐ Anxiety, worry, or racing thoughts
- ☐ Chronic stress or a prolonged fight-or-flight response
- ☐ Possible cortisol rhythm disruption
- ☐ Emotional overload or unresolved concerns
- ☐ Overstimulation from screens, news, or social media



HORMONES & METABOLISM

- ☐ Perimenopause or menopause-related hormone fluctuations
- ☐ Night sweats or hot flashes
- ☐ Thyroid dysfunction
- ☐ Blood sugar fluctuations or nighttime hunger
- ☐ Restless legs or low iron levels



PHYSICAL & MEDICAL FACTORS

- ☐ Sleep apnea, snoring, or interrupted breathing
- ☐ Chronic pain, inflammation, or muscle discomfort
- ☐ Frequent nighttime urination
- ☐ Acid reflux or digestive discomfort
- ☐ Medication side effects or medication timing



LIFESTYLE & ENVIRONMENT

- ☐ Afternoon caffeine or other stimulants
- ☐ Alcohol close to bedtime
- ☐ Irregular sleep schedules
- ☐ Late-night work, exercise, or mentally demanding activities
- ☐ Bedroom too warm, bright, or noisy

You're Not Alone ❤️

Trouble sleeping in midlife is often caused by a combination of factors. Identifying what's keeping you awake is the first step toward finding real solutions and getting the rest you need.

