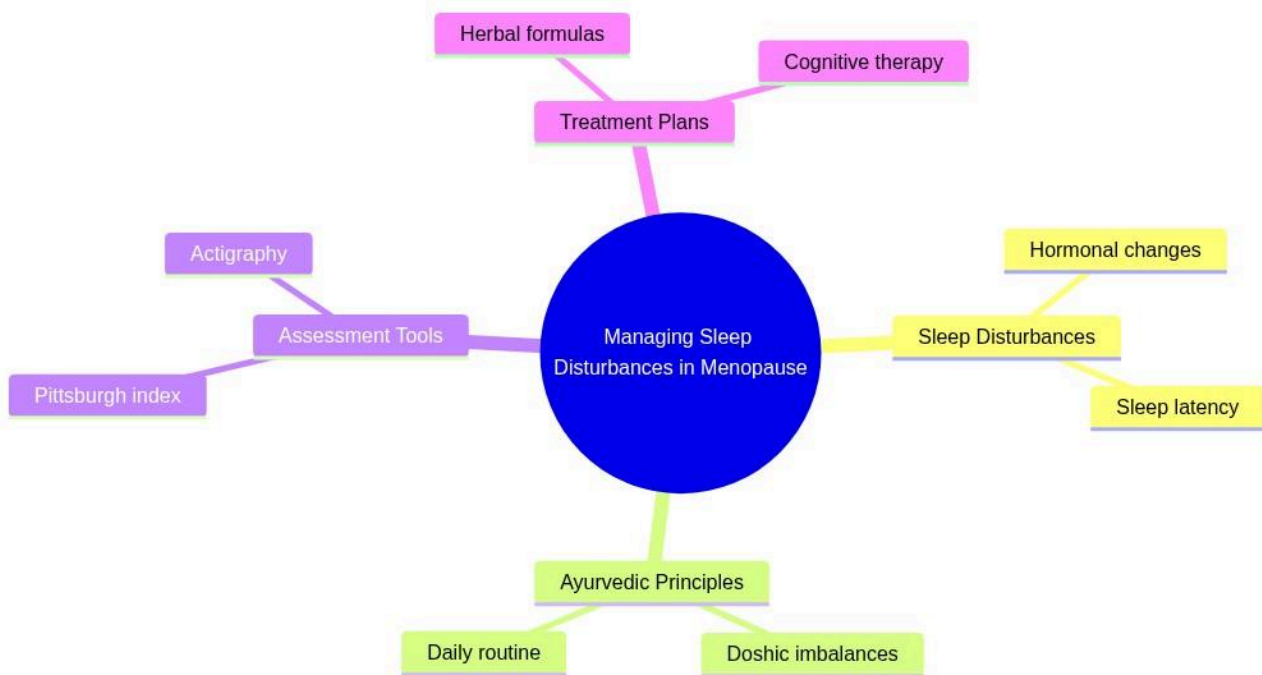


Graduate Certificate in Menopause and Ayurveda

# Managing Sleep Disturbances in Menopause



mindmap

root((Managing Sleep Disturbances in Menopause))

Sleep Disturbances

    Hormonal changes

    Sleep latency

Ayurvedic Principles

    Doshic imbalances

    Daily routine

Assessment Tools

    Pittsburgh index

    Actigraphy

Treatment Plans

    Herbal formulas

    Cognitive therapy