

SOP: HOT FLASHES/NIGHT SWEATS

VASOMOTOR SOLUTIONS



OVERVIEW

- **Definition:** Sudden sensations of heat, sweating, and flushing caused by hormonal fluctuations.
- **Target Audience:** Women over 40 experiencing menopause-related temperature dysregulation.



SIGNS & SYMPTOMS

- ✓ Sudden, intense heat sensations.
- ✓ Excessive sweating, particularly at night.
- ✓ Interrupted sleep due to overheating.
- ✓ Increased irritability or discomfort during episodes.



WHAT TO TRY: INITIAL STEPS & PROGRESSION

STEP 1: NUTRITION ADJUSTMENTS

- **Sub-step 1:** Increase hydration with electrolyte support.
- **Sub-step 2:** Avoid spicy foods, caffeine, sugar, alcohol.
- **Sub-step 3:** Include phytoestrogen-rich foods, however soy can trigger hot flashes.
- **Sub-step 4:** Food sensitivities in general can worsen vasomotor symptoms: try elimination diet.

STEP 2: TEMPERATURE MANAGEMENT

- **Sub-step 1:** Use moisture-wicking bedding.
- **Sub-step 2:** Keep the bedroom cool.
- **Sub-step 3:** Use a cooling pillow, mattress or fan.
- **Sub-step 4:** Hot foods or drinks can also trigger.

STEP 3: STRESS REDUCTION

- **Sub-step 1:** Implement breathwork exercises.
- **Sub-step 2:** Practice daily meditation.

STEP 4: EXERCISE MODIFICATIONS

- **Sub-step 1:** Avoid workouts close to bedtime.
- **Sub-step 2:** Focus on moderate-to-high-intensity strength training.
- **Sub-step 3:** High intensity exercise helps reduce hot flashes. The intensity is the key.



SUGGESTED TOOLS FOR TRACKING

- **Metrics to Monitor:** Frequency, duration, and intensity of episodes.
- **Recommended Tools/Apps:** Symptom journal, wearable devices.
- **Frequency of Check-ins:** Weekly for 4 weeks.



COMMON CHALLENGES & TROUBLESHOOTING TIPS

- **Challenge 1:** Episodes worsen with caffeine intake.
 - **Solution:** Gradually reduce caffeine consumption.
- **Challenge 2:** Poor adherence to sleep hygiene.
 - **Solution:** Create a consistent nighttime routine.



CLIENT COMMUNICATION TIPS

- **Tone & Approach:** Supportive, calming, and reassuring.
- **Key Phrases to Use:**
 - *"Hot flashes can be hereditary but many lifestyle habits can improve."*



REFERENCES & RESOURCES

- Flipping 50 blogs, podcasts.
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11245773/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9886316/>
- <https://pubmed.ncbi.nlm.nih.gov/27163520/#:~:text=Exercise%20training%20reduces%20the%20frequency%20of%20menopausal%20hot%20flushes%20by%20improving%20thermoregulatory%20control>



NEXT STEPS FOR PRACTITIONERS

- ☐ Reevaluate strategies every 4 weeks.
- ☐ Refer to a functional medicine healthcare provider if symptoms persist and interest in HRT.



NOTES SECTION
