



Hot Flashes and Night Sweats

Avoid Triggers: Alcohol, caffeine, spicy food, smoking and stress are common triggers. Keep a diary of your specific triggers to be able to avoid.

Dress in Layers: To be able to remove and add as needed

Hydrate: Have cold water with you at all times to drink but also to place on inner wrist when having a hot flash. You can also run cold water over inner wrist if you have access to a sink/ water fountain.

Practice relaxation exercises such as deep breathing:

- Breathing technique option:
- 1) Place tongue on roof of mouth
 - 2) Breath in through your nose and out through pursed lips
 - 3) Breath in for 3 seconds, hold for 4 seconds and out for 5 seconds

Keep a fan with you

For Sleep: Keep your bedroom cool. Place a fan on your bedside table facing your head. Use a cooling pillow. Practice sleep hygiene.