

Blog: How to Stop Night Sweats in 5 Simple Steps

Make Waves

Target Audience: People searching for a natural deodorant/antiperspirant alternative who are looking to support a sustainable brand.

Purpose: To position Make Waves as a leading sustainable antiperspirant/deodorant brand. The aim of the blog pages is to increase your visibility in the SERPs to increase leads, and, ultimately, conversions.

Focus Keyword: how to stop night sweats

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Page Title: How to Stop Night Sweats in 5 Simple Steps | Make Waves

Meta Description: Not sure how to stop night sweats? Check out our blog! Our experts share 5 top tips to stop menopause night sweats and more. Read now!

If you're wondering how to stop night sweats, you're not alone. Unfortunately, so many women experience night sweats due to menopause but did you know that's not the only reason you may be sweating during the night?

There are many reasons why you may be experiencing night sweats but no matter the cause, it always leaves you feeling hot and bothered, and sometimes even embarrassed.

No one should feel embarrassed by [sweating \(it is good for you after all!\)](#), which is why our experts are sharing their top tips as to how to stop night sweats and other methods you can try to prevent sweating during the night. That way, you'll definitely be having sweet dreams...

Let's get into it!

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How to stop night sweats caused by menopause: 5 simple steps

It's no secret that the main cause of night sweats is the menopause. So much so, that about [80% of menopausal women experience night sweats](#)! With menopause typically lasting seven years (not including the years you are in [perimenopause](#)), it's no surprise that you are looking for ways to stop night sweats caused by the menopause to get some relief.

So, our experts have put together five simple steps for you to follow to reduce your nightly sweats.

1) Create an ideal sleeping environment

First on our list of how to stop night sweats is to create an ideal sleeping environment. You may be thinking, what does that even mean? Well, we're glad you asked.

For example, how often do you change your duvet? And we don't just mean the covers. The [tog of your duvet](#) can really make a difference to your sleeping experience! A 4-tog duvet is much lighter than the rest so choosing this option can help prevent you from overheating. Plus, it makes it far easier to remove your bedding if you are sweating during the night as it's not heavy. You can also find bedding or even mattresses that have cooling gels which can really help create a cool environment.

Another way to cool down the temperature of your room is by using a fan. You could either have one on your bedroom light or one by your bedside table that you can switch on and off throughout the night.

2) Wear loose-fitting and lightweight pyjamas

As well as creating a cool sleeping environment, you can also wear loose-fitting pyjamas as tight-fitting clothing may make you feel uncomfortable. There are multiple [lightweight fabrics available](#) to ensure you keep cool during the night as well as [prevent sweat patches](#) and any other potentially awkward moments.

Especially for pyjamas, you may consider:

- Cotton
- Jersey
- Modal

Even if it is the middle of winter, no one is stopping you from wearing shorts or a night dress. If it makes you feel more comfortable, what's the problem?! As long as you feel cool and comfortable, that is all that matters.

3) Use a high-performance antiperspirant

An easy way to prevent night sweats? A high-performance antiperspirant – just like the one from Make Waves. We may be biased, but we worked with top chemists to create a high-performing [antiperspirant that uses natural ingredients](#) to offer you the best of both worlds.

Our products have been dermatologically tested so you can use either our natural antiperspirant or [deodorant all over your body](#) to keep you dry and fresh throughout the night.

We know what you're thinking: This sounds too good to be true! But, our [over 1,000 excellent ratings on Trustpilot](#) say otherwise. Check out this review:

**KIG**

5 reviews

📍 GB



16 Dec 2024

Make Waves antiperspirant really works!

Make Waves antiperspirant deodorant has really impressed me. Being a woman of a certain age perspiration is a real worry and I never thought I would find a product which would be 'sustainable' and actually work. Make Waves antiperspirant really does work. I am also impressed with their customer service, I accidentally ordered a deodorant refill instead of an antiperspirant and they immediately sent me a replacement without question. It's only been a few weeks but I would highly recommend Make Waves.

Date of experience: 16 December 2024

Useful



Share



That's just one of our many five-star reviews from a lady who agrees that Make Waves' antiperspirant keeps her dry throughout the night!

So, if you're looking for how to stop night sweats caused by menopause, Make Waves is the way to go.

4) Sip cold water during the night

This one may seem obvious, but so many people forget to do this! We all know how important it is to stay hydrated and this is especially true when you are sweating a lot during menopause as you lose body fluid.

Therefore, to keep hydrated throughout the night we recommend keeping a water bottle by the side of your bed to sip on throughout the night.

As you will be using it most nights, why not make a sustainable swap and choose a reusable water bottle that keeps your water cold for the entire night? That way, it's always cold and refreshing.

5) Unwind before bed

We understand that you are probably worrying about potentially having *another* bad night of sleep if you've previously struggled. This can cause stress and anxiety about going to bed which can lead to more sweating and even more distress – you can see where this is going!

Therefore, making sure you unwind before bed can really help. Some ways to unwind include:

- Stretching
- Deep breathing
- Meditation
- Reading
- Yoga

This way, you can get into bed feeling calm and relaxed ready for a full night of peaceful sleep!

What are night sweats?

The likelihood is if you're experiencing night sweats, you know it!

But if you are unsure, this isn't just like regularly sweating through the night. If your pyjamas and sheets are soaked when you wake up – especially when it is the middle of winter or there aren't many blankets on your bed – you are likely having night sweats.

Of course, if it is very warm or you have lots of blankets, sweating is expected. Night sweats are differentiated from this as you are excessively sweating for no apparent reason.

Do men also experience night sweats?

Yes! Sweating during the night isn't just something that occurs during the menopause. There can be multiple reasons why you have night sweats, which means men and children can also experience this condition.

What causes you to sweat during the night?

As we just mentioned, menopause isn't the only cause of night sweats. There can be multiple reasons you may find yourself excessively sweating during the night, such as:

- Colds/ flu
- COVID-19
- Medication for diabetes
- Bacterial infections
- Stress
- Anxiety
- Sleep apnoea or other sleep disorders
- Hyperhidrosis
- Pregnancy
- Pre-menstrual Syndrome (PMS)
- Perimenopause
- Menopause
- Certain forms of cancer
- Thyroid disease
- Antidepressants
- Steroid medication
- Medicine for high blood pressure
- Hypoglycaemia (Low blood sugar)

As you can see, there are a number of causes of night sweats and our how-to guide above can help stop sweating during the night.

Is a hot flush the same as night sweats?

Although they are very similar, a hot flush is not the same as night sweats. They are both caused by the disruption of oestrogen but a hot flush is when you are suddenly overcome with an intense sensation of heat. You will likely experience

sweating, redness, and maybe even an increased heartbeat. However, these tend to happen during the day.

Night sweats are differentiated because, as the name suggests, they happen at night. It usually disrupts your sleep and leaves you completely drenched in sweat (and maybe even your bed sheets too).

Can I do anything to prevent having nightly sweats?

The previous five steps can stop night sweats from happening, but there are also things you can do during the rest of your day that can prevent you from sweating during the night.

- **Exercise multiple times a week:** Exercising regularly can help your body learn to regulate its core body temperature as well as balance hormones which could help with night sweats. If you're worried about smelling more due to exercise, check out our high-performing [refillable antiperspirant](#) that will keep you smelling clean and fresh!
- **Avoid spicy food:** This one isn't a shock to anyone but it's worth mentioning – because it can help! We understand that spicy food tastes delicious, but are the night sweats worth it? That's your call.
- **Reduce caffeine intake:** If you are an avid coffee or tea drinker, you may find that making the switch to decaf can help stop sweating during the night.
- **Stop smoking:** There are multiple benefits to stopping smoking, and reducing your night sweats is just one of them.
- **Minimal alcohol:** Alcohol can disrupt your sleep which can lead to an increased amount of sweating during the night. It also expands your blood vessels which boosts circulation and can make you sweat more. So, reducing the amount of alcohol you drink can help reduce night sweats.

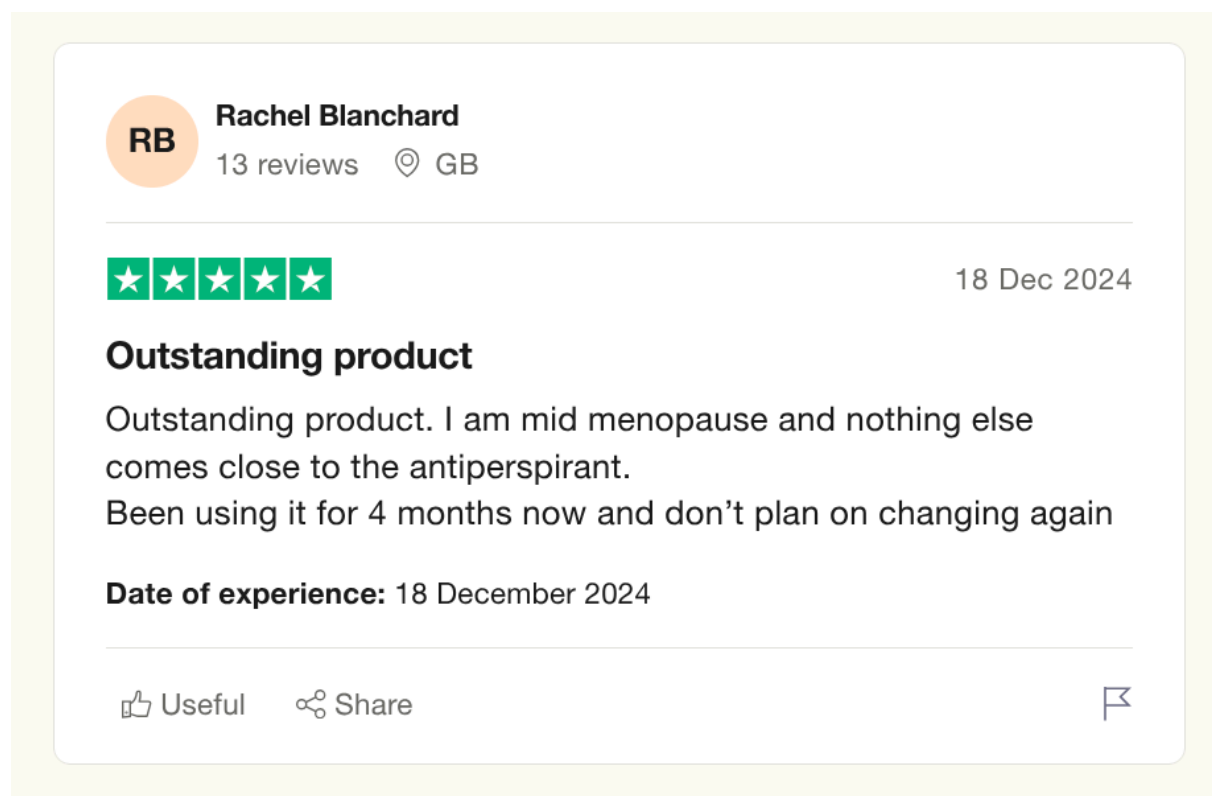
Will menopausal night sweats ever end?

We know it may not feel like it in the moment, but yes, your night sweats will end. As we mentioned previously, menopause usually lasts around 7 years... A long time to suffer from excessive sweating during the night!

There are a lot of benefits to sweating, but that doesn't mean it always feels great. You need a routine that makes you feel your very best and an antiperspirant that keeps you feeling fresh and dry is key.

That's where we come in.

With an [award-winning formula, you can trust that Make Waves](#) is not only an [eco-friendly deodorant](#) but a product that performs. One of our happy customers, Rachel, shared the following five-star review:



By using our products, you can breathe a sigh of relief that your underarms will smell wonderful (thanks to our incredible scents) and feel proud that you are doing your bit for the planet thanks to using a sustainable deodorant or antiperspirant.

At Make Waves, we recognise that every day and every body is different, which is why we have two formulations for you to choose from. This way, no matter your plans for the day, you can rest assured that your underarms are cared for.

EMBRYO

Shop our [natural antiperspirant and deodorant](#) today!

Don't sweat it... or maybe do.