

December NEWSLETTER



SLEEP & MENOPAUSE



SAVE THE DATE



INBODY SCANS

The Teggatz Clinic

Why Can't I Sleep?



Menopause is a natural transition in a woman's life, but it often brings unexpected changes to sleep. Many women notice that falling asleep or staying asleep becomes more difficult during this time — and hormones are a big part of the reason why.

As estrogen and progesterone levels decline, the body's temperature regulation and sleep-wake cycles can be disrupted. Hot flashes and night sweats may cause sudden awakenings, while lower progesterone can make it harder to relax and drift off. In addition, shifting hormone levels can affect mood, sometimes leading to anxiety or depression that further interferes with restful sleep.

Lifestyle factors can also play a role. Caffeine, alcohol, and stress may worsen sleep problems, and the natural aging process can change circadian rhythms, leading to earlier wake times.



What Can I Help?

Compounded bioidentical hormone therapy (BHRT) is a natural way to help restore hormonal balance and support better sleep. Bioidentical hormones have the same chemical structure as the ones your body makes, and when compounded, they can be customized to fit your exact needs — including dose, delivery method, and symptom profile.

Estrogen therapy can ease hot flashes and night sweats that interrupt sleep, while progesterone provides a calming effect that helps your body relax and fall asleep more easily. When your hormones are balanced, you may find that your sleep becomes deeper, longer, and more restorative.

Because every woman's hormonal picture is unique, working with a qualified provider is key. Together, we can design a personalized BHRT plan that helps you feel like yourself again — and wake up rested and refreshed.



Supplement Spotlight



- Enhances Mental Focus and Clarity
- Improves Memory and Cognition in Those with Age-Related Memory Decline
- Improves Sleep Quality Including Time Spent in Deep and REM Sleep
- Supports Mental and Emotional Wellbeing



InBody

&



The Teggatz Clinic

The InBody machine is a body composition analyzer that uses bioelectrical impedance to measure what your body is made of—not just weight. It sends a very mild electrical current through the body and measures how easily it travels through muscle, fat, and water.



What it provides:

- Body fat percentage
- Muscle mass (overall and by body segment)
- Total body water
- Basal metabolic rate (BMR)
- Visceral fat level

\$40
per scan

We will have the InBody machine available once a month for patients to have a scan completed.

*****We have limited slots available WEDNESDAY JANUARY 21st!*****

Contact us at 319-393-4307 for details and to schedule.



Save the Date

JAN 12th, 2026

Unlocking the Secrets of Menopause & BHRT
A FREE Community Education Event
hosted by The Teggatz Clinic in Cedar Rapids, IA

Stay tuned!

More information coming soon!

Happy New Year!



As we welcome the year ahead, we're grateful to support you on your menopause and wellness journey. Wishing you a year filled with happiness, vitality, and good health!

- The Teggatz Clinic Staff

