

Dear Doctor,

My name is Dr Janelle Sinclair (PhD) and I am a biochemist and functional medicine practitioner. I specialize in the area of mental health from a biochemical perspective; specifically providing patients with advice on natural supplements, diets and lifestyle interventions. I am a researcher, health practitioner and author. I have a PhD in biochemistry, a Postgraduate Certificate in Mental Health and 15 years experience in the functional medicine industry.

Your patient is currently doing an online course with me to help them improve their sleep. As part of the course I have discussed strategies to help with insomnia that occurs as a result of or is exacerbated by hormonal imbalances 1-2 weeks before the period is due.

A Prescription for Micronised Progesterone?

During the online course I have recommended to your patient that if she has poor sleep likely due to hormonal imbalances, that she discuss the option of micronised progesterone with you, and see if you would consider prescribing it for her. Micronised (also known as natural or bioidentical) progesterone is available as a cream or capsule. It has the exact molecular structure as progesterone found in the body. Please note that this is very different from synthetic progestogens.

Micronised progesterone has been shown in randomised trials to improve sleep quality in peri-menopausal women. (Leeangkoonasathian et al 2017. The effect of different progestogens on sleep in postmenopausal women: a randomized trial. *Gynecol Endocrinol* 33:933-936.)

Common progesterone deficiency symptoms include anxiety, irritability, low mood and insomnia (1-2 weeks before the period is due). Heavy periods, irregular periods, postnatal depression, premenstrual syndrome (PMS), and endometriosis are also commonly associated with a progesterone deficiency. For many women micronised progesterone can significantly improve sleep, reduce anxiety and address low mood associated with hormonal imbalances.

The standard prescription for a menstruating women is:

Natural Progesterone Cream

20mg at once or twice daily on days 14-26 of the menstrual cycle (best to be used at night for insomnia)

(where Day 1= the first day of the menstrual period).

The cream should be rubbed on non-hairy, non-fatty areas of the body such as inner forearms, neck, and upper cheek (but not on the breasts). Ideally the sites of application should be rotated.

Micronised Progesterone Capsules

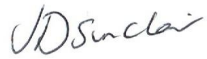
200mg once at bedtime days 14-26 of the menstrual cycle

(where Day 1= the first day of the menstrual period).

If you are already familiar with the prescribing of progesterone let me apologise. I previously worked for a compounding lab, and from experience know that as micronised progesterone is an unfunded medication in many countries around the world that many doctors are unfamiliar with it.

I thank you for your time and consideration to these matters.

Sincerely,

A handwritten signature in cursive script that reads "J Sinclair".

Janelle Sinclair, PhD
Biochemist and Functional Medicine Practitioner
www.drjanellesinclair.com