

“Special PJs solved my meno-bothers!”

After night sweats and insomnia kept her awake all night and exhausted all day, Aikisha Colon found a comfy remedy that worked immediately—now, she sleeps better than ever!

“Now, I wake up feeling rested instead of cranky,” says Aikisha



This must be a heart attack, Aikisha Colon, 47-year-old entrepreneur and *Belle Collective* reality star, thought as panic struck. The next thing she knew, she was in the ER with her heart racing and pain radiating through her left arm.

Aikisha and her husband, Willie Colon, a radio and TV personality and retired NFL champion, had recently celebrated the births of two children after years of fertility treatments.

For years, Aikisha’s constant tiredness affected the couple’s physical intimacy, but she had blamed it on the fertility drugs.

As Aikisha sat in the ER, tests confirmed her heart was fine, but she was shocked to learn that the palpitations and arm pain were due to the onset of menopause. *This also explains my horrible night sweats*, Aikisha realized. *Something has to change!*

Inspired, Aikisha set out on a mission to help not only herself but the 1.3 million women who enter menopause annually and suffer from a variety of symptoms. She began sharing her menopausal journey publicly on her reality TV show. *Women are suffering in silence, and now it’s jeopardizing my marriage*, she decided. *Time to break the taboo and discuss it openly.*

“Bamboo fabric is moisture-wicking and helps regulate body temperature.”

—Dr. Jennifer Landa, Gynecologist

A comfy cure

After talking about her hot flashes, night sweats, anxiety and insomnia on social media, Aikisha’s followers tagged her in posts from Bamblu (@BambluSleep), a woman-owned, Black small business that makes bamboo sheets and pajamas. The breathable, cooling bamboo fabric allows air to circulate, thwarting overheating and regulating the core temperature of the body.

Intrigued, Aikisha contacted the owner, Angela Hawkins, and soon, a pair of pajamas were delivered to her doorstep. After a

wonderful night with her husband, Aikisha was amazed that pajamas were the answer she had been searching for. Her hope was restored after feeling the immediate benefit of a solid night’s sleep, which helped ease her anxiety and manage her stress. *Women need to know about these pajamas*, Aikisha vowed.

To amplify the message that hope exists for women experiencing menopausal symptoms, Aikisha and Angela joined forces, and launched the Aikisha Colon collection with an innovative pajama set and nightgown (Bamblu.com, set for \$60 and gown for \$55) specifically designed to support women during menopause get the sleep they need.

Today, Aikisha and her husband are closer than ever, and she’s sleeping like a baby again. “I no longer wake up drenched in sweat. The pajamas help cool me off, and I wake up feeling well-rested and ready to serve my family and community...instead of feeling cranky,” she says with a smile. “We need to talk more about menopause and real solutions. It’s vital for me to let other women know they’re not alone!” —*Monica Romano*

Will Sterling/Getty

Unique gadgets that ease menopause symptoms

✓ Ease stress and anxiety

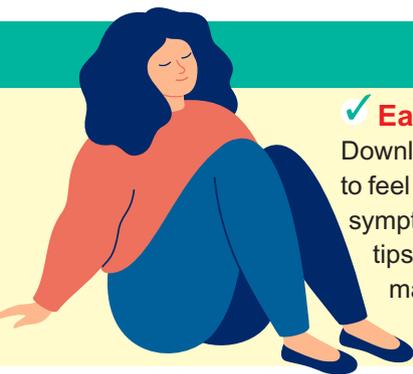
Download the free MyMenopause app to feel less alone when struggling with symptoms. Find coping strategies and tips for self-care, mental health and managing anxiety directly associated with menopause.

✓ Cool off hot flashes

Try a stylish bracelet made out of cooling beads (HotGirlsPearls.com, \$60) filled with nontoxic gel that provides instant relief on the pulse point of your wrist. Simply freeze for 4 hours for an easy, instant chill.

✓ Regrow thinning hair

An LED scalp stimulating brush (SolarisLabNY.com, \$77) helps reduce shedding, increases circulation and makes hair stronger. Red LED light has been shown to stimulate follicles and promote hair growth.



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