Pregnancy - Common Symptoms and Care Tips
Article

Sleeping while Pregnant

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Sleeping While Pregnant: First Trimester

Why Sleep Is Important During Your pregnancy?

- The amount of sleep you get while pregnant **affects not only you and your baby but also your labor and delivery.**[1]
- Lack of sleep has been linked to a variety of pregnancy problems, including preeclampsia **(a serious condition that affects your blood pressure and kidneys).** [1]
- Premature birth is a possibility because of this condition. **Now is the time to put sleep first.** [1]

Why can't I sleep in pregnancy?

- During pregnancy, it's usual to feel **fatigued or even exhausted,** especially in the first 12 weeks.[2]



- Hormonal fluctuations can make **you feel exhausted, nauseous, and emotional during this time.** The only solution is to take as much time as possible to rest. [2]
- Make time during the day to **sit with your feet up and accept any offers of assistance** from colleagues and family. [2]
- It's easy to feel low when you're exhausted and run-down. Make an effort to maintain your physical health by **eating a balanced diet and getting plenty of rest and sleep.** [2]

How Much Sleep Do I Need when I am Pregnant?

- Sleep should never be regarded as a luxury. **It's a must**, especially if you're pregnant.[1]
- According to the National Institutes of Health, **pregnant women need a few additional hours of sleep each night** or should supplement nocturnal sleep with naps throughout the day. [1]
- **Getting 8 to 10 hours of sleep each night becomes more challenging** for many pregnant women as their pregnancy progresses. [1]



How Can I Sleep More Comfortably During Pregnancy?[3]

- **"Sleep on side"** is the ideal sleeping position for you and your baby during pregnancy since it allows for the optimum circulation. It also puts the least amount of strain on your internal organs and veins.
- To ease stress on your back, **keep your legs and knees bent and a pillow between your legs.**
- **If you're suffering from back pain,** consider sleeping on your side and putting a pillow under your abdomen.



- If you're having trouble sleeping because of **heartburn, consider supporting your upper body up with pillows.**

What Sleep Positions During Pregnancy Should I Avoid?[3]

Sleeping on your back

- Can cause **backaches, respiratory problems, digestive issues, hemorrhoids, low blood pressure, and a reduction in circulation to your heart and baby.** Your developing abdomen rests on your intestines and main blood veins, causing this.
- As you gain weight, **you may develop sleep apnea.**

Sleeping on your stomach:

- As your pregnancy progresses, **your breasts become more delicate and your abdomen grows,** both of which make sleeping on your stomach uncomfortable.
- A donut-shaped pillow (with a hole in the middle) may **make sleeping on your stomach more comfortable.**

MORE TIPS FOR GETTING A BETTER NIGHT'S SLEEP WHILE PREGNANT[1]

Caffeine should be consumed in moderation.

- After 3 p.m., avoid drinking coffee or caffeinated tea.



Ensure that you drink lots of water.

- Drink plenty of water throughout the day, but stop a few hours before bedtime to avoid having to get up and go to the bathroom.



30 minutes of exercise

- Exercise improves sleep quality, but don't do it within four hours of going to bed.



Activities that are relaxing.

- Relax with a warm bath, a foot or shoulder massage.



The bedroom is peaceful.

- It will be easier to fall asleep and stay asleep if your bedroom is dark, quiet, and cool at night.

REFERENCES

1. American Academy of Family Physicians. Sleep and Pregnancy. Last Updated: May 13, 2020. Available at: https://familydoctor.org/getting-enough-sleep-pregnancy/. Last accessed at: 29/01/2022.
2. NHS. Tiredness and sleep problems. Page last reviewed: 7 February 2021. Available at: https://www.nhs.uk/pregnancy/related-conditions/common-symptoms/tiredness/. Last accessed at: 29/01/2022.
3. American Pregnancy Association. Best Sleeping Positions During Pregnancy. Available at: https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/sleeping-positions-while-pregnant/. Last accessed at: 29/01/2022.

Sleeping During the First Trimester of Pregnancy

Why Sleep Is Important During Your pregnancy?

- The amount of sleep you get while pregnant affects not only you and your baby but also your labor and delivery.[1]
- Lack of sleep has been linked to a variety of pregnancy problems, including preeclampsia (a serious condition that affects your blood pressure and kidneys).[1]
- Premature birth is a possibility because of this condition. **Now is the time to follow** sleeping tips for pregnancy and put them as a priority.[1]

Why can't I sleep in pregnancy?

- During pregnancy, it's usual to feel fatigued or even exhausted, especially in the first 12 weeks.[2]
- Hormonal fluctuations can make you feel exhausted, nauseous, and emotional during this time. The only solution is to take as much time as possible to rest.[2]
- Make time during the day to sit with your feet up and accept any offers of assistance from colleagues and family.[2]
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2. Tiredness and sleep problems. Page last reviewed: 1 February 2021. Available at: https://www.nhs.uk/pregnancy/related-conditions/common-symptoms/tiredness/. Last accessed at: 28/01/2022
3. American Pregnancy Association. Best Sleeping Positions During Pregnancy. Available at: https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/sleeping-positions-while-pregnant/. Last accessed at: 28/01/2022