

SLEEP DURING PREGNANCY



With the arrival of a baby, it can be difficult to get enough sleep in the months following birth. That is why it is important to get the best sleep possible during pregnancy.

Regularly during pregnancy, we may feel tired most of the time. This is because the body is working to protect, care and support the development of the baby. The placenta is forming, the body is making more blood and the heart is beating faster.

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The growing baby inside the womb may be the main reason for sleeping problems during pregnancy, as it becomes difficult to find a comfortable sleeping position.

You may also experience other symptoms that disrupt your sleep:

- Need to urinate more frequently.
- Increased heart rate.
- Lack of air.
- Leg cramps and back pain.
- Heartburn and constipation.
- Stress and anxiety.

SLEEPING POSTURES

If you are used to sleeping on your stomach or back, you may find it difficult to switch to sleeping on your left side, which is recommended by doctors, it will increase the amount of blood and nutrients reaching the placenta and your baby. Sleeping on your side and with your legs bent is likely to be the most comfortable position as your pregnancy progresses.

He may suggest you use a pillow or cushion as a support point to continue sleeping on your side. You can place a pillow under your abdomen or between your legs. Also, use a compact pillow or rolled-up blanket to relieve pressure in the lower back. Talk to your doctor about the best position for you.

TIPS FOR GOOD SLEEP

If you are not getting enough sleep, it is important not to use over-the-counter sleep medications, including herbal medicines. These products are not recommended during pregnancy.

These tips can help you get a good sleep during pregnancy:

- Reduce consumption of caffeinated beverages, such as soft drinks, coffee, or tea.
- Avoid drinking too much liquid or eating too much a few hours before bedtime.
- Develop a routine of going to bed and getting up at the same time each day.
- Avoid intense exercise before going to sleep.
- Stretching before bedtime can help with night cramps.
- If you experience heartburn during the night, you can try elevating your upper body on pillows.
- Doing yoga or breathing exercises can help you relax after a busy day.
- Take short naps, 30 to 60 minutes, during the day to make up for lost sleep.



For more information, please contact the
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