

HEALTHY AND UNHEALTHY SLEEPING HABITS IN Pregnancy



Unhealthy Sleep Habits	Healthy Sleep Habits
Following random sleep schedules	Following a fixed sleep routine
Consuming an unhealthy (high-fat and high-sugar) diet before bedtime	Consuming a nutrient-rich diet at least two hours before bedtime
Using devices with screens before going to bed	Using devices with screens before going to bed. Avoiding any screen time before going to bed
Consuming caffeine before sleeping	Consuming safe and relaxing teas to aid in better sleep
Not being physically active throughout the day, affecting sleep	Indulging in safe exercises, such as walking, aiding good sleep
Napping too much during the day	Napping too much during the day. Planning adequate daytime naps to avoid nighttime sleep disturbances