

# Facts On the Dreams During Pregnancy



Recurring dreams during pregnancy could be due to **hormonal fluctuations**.



A few expectant mothers might dream about the baby's gender.

Most pregnancy dreams might reflect your thoughts.



You may be surprised at your dream-recalling ability when pregnant, This is because of the frequently **disrupted REM (rapid eye movement) sleep**.

Excessive dreaming during pregnancy could be your mind's way of coping with your emotions



## References:

1. How Pregnancy Affects Dreams?; Sleep Foundation
2. Pregnancy Dreams; American Pregnancy Association



**Anxiety or depression** during the daytime might reflect in dreams.