

# MORE TIPS FOR A ★ Better Sleep ★ WHEN PREGNANT

## To avoid sleeping on your back



Learn why and when to stop sleeping on your back



Use a back-supporting pillow when sleeping on sides



Practice sleeping on sides from initial trimesters



Request your partner to notify you if you sleep on your back

## To improve your sleep quality

Avoid heavy meals right before hitting the bed



Keep your room dark and quiet



Evade screen time at least an hour before bed



Keep your head elevated to avoid heartburn



## References

1. Pregnancy and Sleep; Sleep Foundation
2. Sleep during pregnancy; Pregnancy, Birth, Baby