

Relaxation Methods In Bradley Classes

And Their Benefits



Sleep imitation in the first stage of labor

- Requires woman to breathe slowly and consciously with the belly
- Helps save energy for the next stages of labor



Breathing technique

- Requires the woman to count their breaths while ensuring their exhalation is longer than their inhalation
- Helps breathe and deal with the pain during contractions



Creating a relaxing ambiance in the room

- Teaches to set up a quiet room with diffused lighting and soft music during the first stage of labor
- Helps in the effective management of labor pain along with the other two techniques

