



## How To Avoid Sleeping On Stomach In Pregnancy?



Sleeping on the stomach may lead to discomfort after week 16.



If you are used to sleeping on your stomach, practice sleeping in a side-lying position from the early stages of pregnancy.



Use pregnancy pillows to support your back and knees and sleep on your side



Try full-body pregnancy pillows and cushion support to prevent rolling over your tummy.



Ask your partner to monitor and remind you to avoid sleeping on your stomach.



If you accidentally roll on your stomach in sleep, do not panic and switch to the comfortable side gently.

### References:

Why Sleep Is Important During Your Second Trimester; Sleep Foundation