

1er Trimester



Problems....

Sleep or Lacking Energy
Discomfort with Body Changes
Urinary Frequency

...Tips

Plan, schedule and prioritize sleep! Sleep while you can. In order to stay out of sleep debt, take naps wherever you can.

Drink lots of fluids during the day, especially water, but cut down on the amount you drink before bedtime.

To avoid nausea try to eat bland snacks throughout the day — like crackers.

Sleep on your left side to improve the flow of blood and nutrients to your fetus.

Put a nightlight in the bathroom instead of turning on the light to use the bathroom



2nd Trimester

Problems...

Sleep or Lacking Energy
Heartburn

...Tips

In order to avoid heartburn, do not eat large amounts of spicy, acidic or fried foods. If heartburn is a problem, sleep with your head elevated on pillows. Also, eat frequent small meals throughout the day.

When sleeping, lie on your side with your knees and hips bent. Place pillows between your knees, under your abdomen and behind your back. This may take pressure off your lower back



3rd Trimester

Problems...

Frequent urination * Back Pain *
Muscle aches*General
Discomfort*Snoring*Leg Cramps

...Tips

Sleep on your left side. This allows for the best blood flow to the fetus and to your uterus and kidneys.

If you start snoring, have your blood pressure and urine protein checked

Restless Legs Syndrome, you may want to talk to your health care physician about an iron deficiency

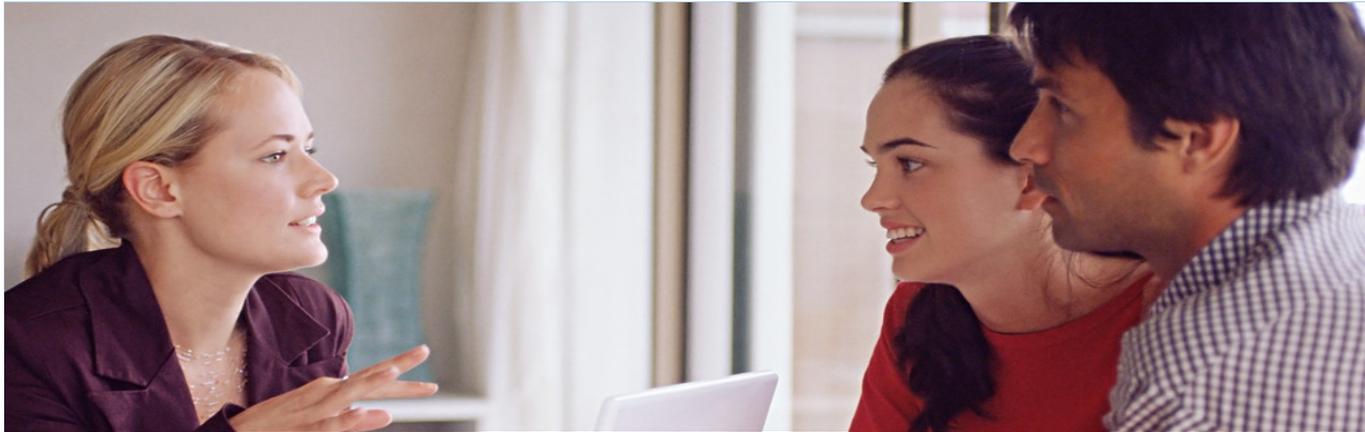
Pregnancy & Sleep



**...It can be a time of serious
Sleep Disturbance**



According to the National Sleep Foundation's 1998 *Women and Sleep* poll, 78% of women report more disturbed sleep during pregnancy than at other times.



Pregnancy and Sleep

Many women also report feeling extremely fatigued during pregnancy, especially during the first and third trimesters. One of the reasons for fatigue and sleep problems during pregnancy are changing hormone levels. For example, rising progesterone levels may partly explain excessive daytime sleepiness, especially in the first trimester. Hormonal changes may also have an inhibitory effect on muscles, which may result in snoring and in obese women increase the risk of developing sleep apnea and may be partly responsible for the frequent trips to the bathroom during the night. These interruptions as well as those caused by nausea and other pregnancy-related discomforts can result in significant loss of sleep. Many women experience insomnia due to emotions and anxiety about labor and delivery, balancing motherhood

Treatment

Treatment for sleep problems during pregnancy is complicated by the fact that drug therapy can harm a developing fetus. Overweight or obese women who become pregnant, women who gain excessive weight

and work, or their changing relationship with their partner. It is very important for pregnant women to prioritize sleep and to find effective strategies for managing their sleep problems as early as possible in their pregnancy.

Pregnant women are also at risk for developing sleep apnea, a disorder in which breathing is repeatedly interrupted during sleep. This is particularly true of women who are overweight when they become pregnant. Sleep apnea may also be associated with complications during pregnancy such as gestational hypertension, preeclampsia, or low birth weight. It is also associated with more daytime sleepiness compared to women who do not have sleep apnea during pregnancy. If you are pregnant and feel you may suffer from sleep apnea, it is very important that you talk to your doctor.

and women who report snoring should be evaluated for sleep apnea. Continuous positive airway pressure (CPAP) is a safe and effective treatment for sleep apnea during pregnancy.

Symptoms

Insomnia – symptoms of insomnia include difficulty falling asleep, staying asleep, or waking up too early or feeling unrefreshed. Insomnia related to stress or anxiety about labor, delivery and/or balancing work and motherhood may result in significant sleep loss. The discomforts of pregnancy such as nausea, back pain and fetal movements may also disturb sleep.

Restless legs syndrome (RLS) – symptoms of RLS include unpleasant feelings in the legs, sometimes described as creepy, tingly or achy. These feelings are worse at night or in the hours before bed and they are temporarily relieved by movement or stretching.

Sleep apnea – sleep apnea is a sleep disorder in which breathing is repeatedly interrupted during sleep. A noticeable feature of sleep apnea is heavy snoring accompanied by long pauses, and then gasping or choking during sleep.

Nocturnal gastroesophageal reflux (nighttime GERD) – GERD, also known as heartburn, is considered a normal part of pregnancy. However, nighttime symptoms of GERD can damage the esophagus and disrupt sleep during pregnancy.

Frequent nighttime urination – the frequent need to urinate at night is a common feature of pregnancy and can result in loss of sleep.