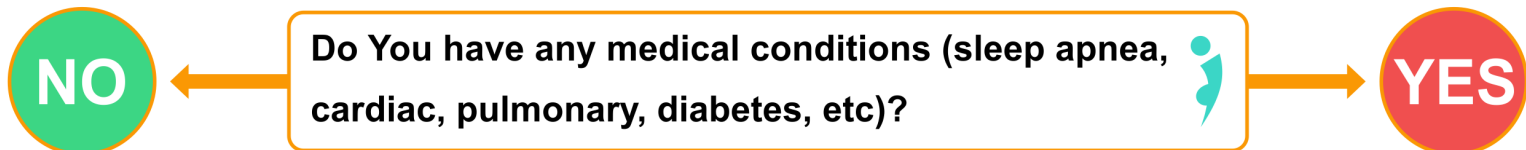


how to sleep



Celebrate Your pregnancy through...great sleep.

You are different! So is Your sleep - many expecting moms have difficulties with sleep.



Start natural:

1. Create Your routine (bedtime hygiene, limit media, don't eat late)
2. Take a moment to focus on Your pregnancy (see "I HAVE A GIFT" under Significance pillar)
3. Prepare: have water, cracker/piece of protein bar at a bedside, close shades/ sleep mask/ ventilate your room with fresh air

Call





Choose Your POSITION

NO

Do You have any medical conditions (sleep apnea, cardiac, pulmonary, etc)?

YES

Find the **MOST COMFORTABLE** position and listen to Your body. You will naturally shift and change position during the night. Prop Yourself with pillows or rolled towels of different sizes to make it most comfortable - This will be needed more and more as You get further along.

Stay OFF YOUR BACK and

If unable to sleep well - may take Unisom 25 mg or Tylenol PM.
If not better over several days

Call



comfort



Review
"MY BEDROOM"
in Comfort pillar.