

E-Blast: Recommendations for sleeping during pregnancy

Sleep difficulties during pregnancy are common. This can be due to different factors such as hormonal changes, frequent desire to urinate, increased heart rate, shortness of breath, aches and pains, heartburn, stress and increased movement of the baby.

We offer the following recommendations for before bed:

- **Get comfortable.** Use extra pillows to support your abdomen and knees.
- **Set a sleep schedule.** Go to bed at the same time every night and wake up at the same time, even on weekends.
- **Limit fluid intake hours before bedtime.** Pregnancy can increase urinary frequency; by consuming less fluids at night, you will reduce sleep disruptions.
- **Take naps, short ones.** Keeping the duration short helps prevent them from interfering with nighttime sleep.
- **Do relaxing activities before bed.** You can listen to soft music, take a bath, or practice relaxation or meditation exercises.
- **Limit caffeine.** Try to consume only 1 cup of coffee a day or 2 cups of tea, preferably only in the morning.
- **Avoid taking sleep medications.** This includes over-the-counter products and herbal remedies. Do not use any medication without first consulting with your doctor.

References:

<https://www.cigna.com/es-us/knowledge-center/hw/problemas-del-sueo-durante-el-embarazo-tn9113>

<https://www.sleepfoundation.org/pregnancy>