



# Tips To Ensure *Comfortable Sleep* During Pregnancy

Use multiple or large pregnancy pillows to get into a comfortable position.



Seek your partner's help to get into your side position if you've rolled back in sleep.

Try sleeping in a reclined side-sleeping position or semi-upright position.



Eat light meals before bedtime to avoid the risk of gastrointestinal problems.

Take a walk at home or in the garden before going to bed.



Try relaxation techniques, such as meditation and light exercises.