

# Tips And Natural Remedies

## For Improving Sleep In

### Breastfeeding Mothers

#### Tips



- **Keep your baby's crib near you:** Though co-sleeping is not recommended, you can place your baby's crib near your bed. This makes it easy to fall asleep after feeding or soothing your baby.



- **Seek help from friends and relatives:** Take help for doing regular chores or for attending to your baby for some time.



- **Try power naps:** Short sleep episodes may help you feel fresh and rested.



- **Go to bed peacefully:** Avoid caffeine and excessive screen exposure before bedtime.

#### Natural Remedies



- **Warm milk:** The L-Tryptophan in milk helps the body make melatonin, which helps you feel sleepy at night.



- **Chamomile tea:** The soothing effects of this herbal tea may help you have a restful sleep.



- **Lavender oil:** Putting a few drops of lavender oil on your pillow may help you feel relaxed.



- **Postpartum massage:** When done under expert supervision, it can reduce stress and improve sleep.

#### References

1. Postpartum Massage, American Pregnancy Association