



CAUSES OF SLEEP DIFFICULTIES AND TIPS TO IMPROVE SLEEP AFTER C-SECTION

Possible Reasons For Night-Time Sleep Issues After C-Section

Changes in the sleep cycle

Discomfort in the incision site

Increased day-time sleep

Newborn disrupting sleep

Postpartum anxiety or depression



Tips To Facilitate A Good Night's Sleep After C-Section

Try warm compresses for pain relief

Consider breathing exercises and meditation

Plan your sleep timings as per your baby's schedule

Invest in pillows that support sleep and breastfeeding

Avoid screen time and caffeine before bedtime

REFERENCE

- 1 Postpartum Insomnia; Sleep Foundation

