

How To Sleep Safely And Comfortably *During The Second Trimester?*

SLEEP POSITION AND ADJUSTMENTS



Sleep on the side, preferably on the left, with pillows between your knees.

Lie on the left side with a pillow under the abdomen for severe back pain.

Support your upper body using pillows to prevent heartburn.

Lie on your left side or propped up with pillows if you have shortness of breath.

SLEEP TIPS

Maintain a regular sleep schedule

Try relaxation techniques before sleeping

Eat a light and healthy dinner

Do not eat spicy and heavy foods

