

To avoid sleeping on your back



Learn why and when to stop sleeping on your back



Use a back-supporting pillow when sleeping on sides



Practice sleeping on sides from initial trimesters



Request your partner to notify you if you sleep on your back

To improve your sleep quality

Avoid heavy meals right before hitting the bed



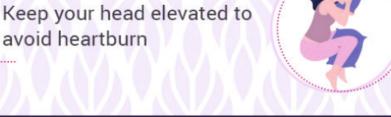
Keep your room dark and quiet



Evade screen time at least an hour before bed



avoid heartburn



References

- 1. Pregnancy and Sleep; Sleep Foundation
- 2. Sleep during pregnancy; Pregnancy, Birth, Baby



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