

Use pillows and cushions of the right shape to get into a comfortable sleep position



Wear loose and breathable clothing to bed

Try sleeping on a comfortable chair or sofa if lying down is uncomfortable





Eat a light dinner and avoid spicy foods

Do some light exercises as per doctor's advice





Relax and clear your mind before going to bed



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Source: https://www.momjunction.com/articles/important-sleeping-positions-during-the-