



Sleep Issues During Pregnancy



Overview

Many women find it hard to get restful sleep during pregnancy. Let's take a moment to learn about sleep issues during pregnancy, and how you can manage it.

Causes

First, why does pregnancy affect sleep? Early in your pregnancy, changing hormone levels disrupt your sleep schedule. You may wake up at night and feel sleepy during the day. Later in your pregnancy, as the baby gets larger, you may have trouble getting comfortable in bed. You can have things like back pain, the need to pee often, leg cramps and heartburn. And, your baby's movement can wake you up.

Managing insomnia

So, what can you do to get better sleep during pregnancy? First, get regular exercise, and stick to a regular sleep schedule. Don't read or watch television in bed. Use it only for sleep. Can't get comfortable? Try using extra pillows to support your body. If you take naps during the day, keep them as short as possible. Avoid caffeine, and limit how much fluid you drink in the evening so you won't have to get up to pee in the night.

Conclusion

If you try all of these and you still find yourself awake in the middle of the night, get out of bed. Go back to bed when you're tired enough to sleep. Talk to your doctor for more tips.