

Think sleep issues are just part of being pregnant?

Think again!

When it comes to your sleep, each trimester will bring different challenges. Try out these healthy sleep habits to help you sleep better. Find more resources at [geisinger.org/stbw](https://www.geisinger.org/stbw).

First trimester

0 – 12 weeks

- Go to bed and wake up at about the same time each day.
- Create a relaxing wind-down routine to help your body and mind get ready for sleep.
- Move during the day. With input from your doctor, establish a safe exercise routine and stick to it.

Second trimester

13 – 28 weeks

- Consider new or additional pillows to support your changing body.
- Drink plenty of water — just start to cut back in the evening. This can help reduce trips to the bathroom.
- Have heartburn? Try using an extra pillow to elevate your shoulders and head.

Third trimester

29 weeks to term

- Sleep on your left side for proper blood circulation.
- Extra pillows = extra support. Try a pillow between your knees or under your waist to help reduce body pain and discomfort.
- Introduce relaxation techniques before bed — such as meditation or journaling — to help you clear your mind and reduce stress.



Sometimes healthy sleep habits aren't enough. We can help.

Geisinger's Sleep to Be Well program provides:

- ✓ Free online sleep screening
- ✓ Help connecting with a Geisinger sleep specialist, if needed
- ✓ Tools and resources to help you track your sleep

Free sleep screener

