



# Healthy Sleep Habits for Expecting Moms

- 1. Prioritize your sleep.**  
Healthy sleep is critical for you and your baby's health. Your body is going through a lot and needs enough time to rest!
- 2. Go to bed and wake up around the same time every day.**  
A regular wake time in the morning leads to regular times of sleep onset and helps to set your "biological clock." It is normal to find that you are getting tired and going to bed earlier now that you are pregnant.
- 3. Nap earlier in the day.**  
Try to avoid naps in the late afternoon or early evening, as this can make it harder to fall asleep at bedtime.
- 4. Make your bedroom cool, comfortable and free from light and noise.**  
A comfortable, noise-free sleep environment will reduce the likelihood that you will wake up during the night. Noise that doesn't awaken you may also disturb the quality of your sleep. Carpeting, insulated curtains and closing the door may help.
- 5. Use more pillows!**  
Put an extra pillow under your midsection, lower back or between your knees to provide support for your changing body and reduce back pain.
- 6. Indulge in some calming self-care routine before bed.**  
Get in the habit of taking a little bit of "me" time before bed to help you relax and prepare your body and mind for sleep. Try a warm bath, light stretching and massage, or meditation exercises.
- 7. Avoid excessive liquids in the evening.**  
Drinking enough water is critical during pregnancy. Try to drink more water earlier in the day to help reduce the need for nighttime trips to the bathroom.
- 8. Use a nightlight when you do get up.**  
Nightlights aren't just for kids! Make it easier to fall back asleep by keeping lights low when you do get up during the night.
- 9. Take time to clear your mind.**  
It can feel impossible to clear your mind and relax when you are busy planning for baby. Consider journaling or writing down a checklist for the next day before bed. If you've taken the time to write down your worries and tasks, your mind is more likely to actually take a break.
- 10. Minimize your screen time before bed.**  
You may already know that light from your cell phone or television makes it harder to fall asleep. The engaging content that you are viewing also makes it harder for your brain to wind down. Try listening to calming music in the hour before bed, instead.
- 11. Avoid heavy meals close to bedtime - especially spicy food.** Gastroesophageal reflux disorder (GERD) -also known as heartburn or acid reflux - can be a major sleep disruptor.
- 12. Make time to move your body.**  
Incorporating exercise into your day, even a short walk, will make it easier to fall asleep.
- 13. Pay attention to your sleep position.**  
As baby gets bigger, it is recommended that you start sleeping on your side. Sleeping on your left side helps with blood flow to your organs and to your baby.

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