

Think sleep issues are just part of being pregnant?

Think again!

3 out of 4 pregnant women have poor sleep and/or daytime sleepiness.

Each trimester brings changes in sleep. At every stage of pregnancy, practicing good sleep habits — like sleeping in a dark, cool room and using extra pillows to reduce discomfort and body pain — can help you get more refreshing sleep.

Better sleep = better health for parent and baby.



When you get healthy sleep throughout pregnancy, you are *less likely* to experience:

- High blood pressure
- Gestational diabetes
- Depression and anxiety
- C-section delivery
- Poor weight control
- Preterm birth
- Low birth weight for baby



Not sure where to start? Try Sleep to Be Well.

This Geisinger program provides:

- ✓ **Free on-demand sleep screening** and immediate feedback — scan the QR code to get started.
- ✓ **Help connecting** with a Geisinger sleep specialist, if needed.
- ✓ **Tools and resources** to help you improve your sleep habits.

