

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

