




a. Comfortable Positions

MODULE 6

Since you do not know which position will be best for you during labour, it is a good idea to practice several.

The only position to avoid is lying flat on your back. This is because the weight of your uterus presses on your blood vessels and can reduce the blood flow to you and your baby.

Here are a few suggestions to find a comfortable position.

	Lie on your side, bend both legs and put a pillow between them. It is recommended to sleep on your left side to improve blood circulation.
	Lie on your side with one arm behind your back, and your top leg bent on a pillow. It is recommended to sleep on the left side to improve blood circulation.
	Lie on your back with pillows under your shoulders and knees. In this position, the weight of the baby compresses a large blood vessel. You may feel dizzy and weak. Avoid sleeping on your back after your fourth month of pregnancy.