

2. Sleeping Position




MODULE 6

While pregnant, you may have difficulty finding a comfortable position to sleep. Unfortunately, your regular positions may not be suitable.

It is best to avoid lying on your back after you are 16 weeks pregnant. The best position for sleeping during pregnancy is on your side, especially if you sleep on your left side because this position improves blood circulation.

Your mattress should be firm. Sleep in a way that does not put strain on your neck and back muscles. You may change position while you are sleeping.

Here are a few tips to sleep comfortably.

	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.

Avoid sleeping on your belly because it puts too much pressure on your neck and back.