

# s. Insomnia

## MODULE 2

### Causes

Certain women have difficulty falling asleep or staying asleep during pregnancy. During the first three months, it is often because the body is adapting to the changes common during pregnancy. Later, during the pregnancy because of the size of your uterus and the baby's movements, you may have difficulty finding a comfortable position to sleep. Insomnia may be more severe for women who experience shortness of breath.



### What can I do?

Advice to help you sleep.



### If nothing works?

- Do not take any medication to help you sleep before talking with your health care provider.