

Sleep Hygiene

Tips for Pregnant and Postpartum Individuals



1. Don't worry about getting 8 hours of sleep. Make the sleep you get count.

2. Go to bed at the same time every night, including weekends, even if your sleep was challenging the night before.

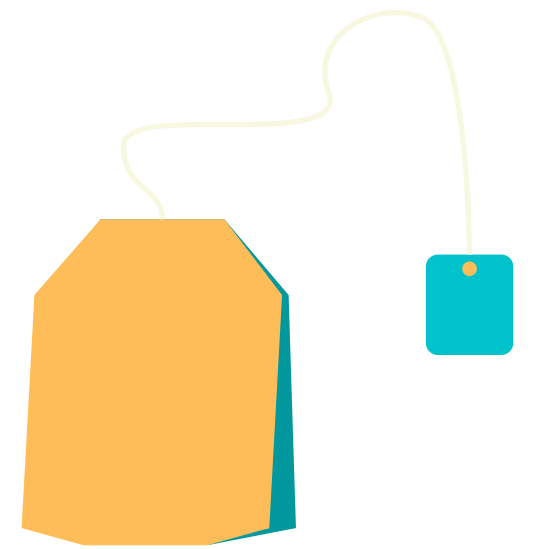


3. Use your bedroom only for sleeping and sexual activity.

4. Only go to sleep when sleepy. Don't spend too much time awake in bed.

5. Develop sleep rituals. These can include

breathing techniques, stretching, or having a cup of caffeine-free tea.



6. Exercise regularly, though not before bedtime. Morning walks can help with alertness.



7. Don't watch the clock. Frequently checking the time at night can wake you up and create stress about the inability to sleep.