

## Trouble Sleeping When Pregnant

Pregnancy affects all aspects of life for women, including their sleeping patterns and nighttime comfort. Many women complain that they have trouble sleeping when they are pregnant, while others report that they feel tired even after they get a lot of sleep. Certain sleep disorders, such as restless leg syndrome and sleep apnea, are more common during pregnancy and may cause significant sleep disruption.

### Causes

Many women find the first trimester of their pregnancy to be particularly exhausting because their bodies are physically changing. The placenta is developing, the woman's body is producing more blood and her heart is working harder to pump the blood. The emotional stress involved in pregnancy also can disrupt a person's sleep. All these things influence how much fatigue pregnant women feel and have an effect on how much rest and sleep they need.

Women usually have more energy during the second trimester because their bodies have adapted to being pregnant. Many make sure to incorporate rest periods into their daily routines.

The third trimester is the time most pregnant women feel exhausted. Their bodies have grown larger and they have to carry the extra weight. Factors that can interrupt sleep during this phase of pregnancy include frequent trips to the bathroom, nighttime cramping and the inability to find a comfortable sleeping position. The baby moving or kicking can also cause moms-to-be restless nights in bed.

### Tips for Better Sleeping During Pregnancy

There are several things pregnant women can do to improve their chances of getting a good night's sleep:

- Try new sleeping positions
- Prepare yourself for bedtime by taking a warm bath or receiving a nice massage
- Set up your room for a comfortable sleep setting by changing your thermostat to a comfortable temperature and playing some relaxing or natural sounds that can help make you sleepy
- Try relaxation techniques such as the ones you have learned in your childbirth class
- If you still can not fall asleep you should get up and read a book, watch TV, eat a small snack or fix some warm milk or tea
- Exercise during the day
- Sleep during the day if the opportunity arises
- Talk to your health care provider if insomnia continues to increase

### Resources

Some information on this page was gathered from documents found on the [www.womenshealth.gov](http://www.womenshealth.gov) website. The site is maintained by the National Women's Health Information Center. The center is run by the Office of Women's Health which is part of the United States Department of Health and Human Services.

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