

BONUS GUIDE: Safe & Comfortable Sleeping Positions During Pregnancy

Rest Well, Recover Deeply, and Support Your Baby's Growth

Why Sleep Position Matters

As pregnancy progresses, the way you sleep affects your **blood circulation, oxygen supply, digestion, and back comfort**.

Finding the right posture reduces swelling, prevents back and hip pain, and ensures healthy blood flow to your baby.

Sleep isn't just rest — it's repair for both you and your baby.

Best Sleeping Position: The Left Side (SOS — Sleep On Side)

The **left side** is considered ideal for most pregnant women, especially from the **second trimester onward**.

Why left side works best:

- Improves blood flow between your heart, uterus, and placenta
- Helps nutrients and oxygen reach your baby efficiently
- Reduces pressure on your liver and major veins
- Minimizes swelling in your legs, ankles, and hands
- Eases heartburn and back pain

Think of it as the “baby’s favorite side” — more oxygen, more comfort, more calm.

How to Make It More Comfortable

- Place a **pillow between your knees** to align hips and reduce pelvic pain.
 - Add a **small pillow under your belly** for support.
 - Use a **wedge or full-body pregnancy pillow** to stay comfortably tilted if pure side-lying feels hard.
 - Keep your **head slightly elevated** to reduce reflux or heartburn.
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Positions to Avoid or Modify

 Position	 Why It's a Problem	 Better Option
Flat on your back (after 20 weeks)	The growing uterus can compress a major vein (vena cava), reducing blood flow to you and the baby	Sleep tilted or on your side with pillows
On your stomach	Not possible or safe as the belly grows	Use side-sleeping with support
Half-sitting upright for long hours	Strains lower back and neck	Use reclined support for short naps only

If You Wake Up on Your Back — Don't Panic

It's completely normal to change positions in sleep.
Just roll gently to your side and continue resting.
Your body naturally adjusts to protect you and your baby.

Comfort + circulation = safe sleep.

Extra Sleep Tips

- Avoid large meals or caffeine before bed.
- Take 5 deep belly breaths before sleeping — it calms your nervous system.

- Maintain a cool, dark, quiet room.
 - Short daytime naps (20–30 min) can help fight fatigue.
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KD Takeaway

“Sleep is your body’s nightly reset — not laziness, but nourishment.
When you rest right, your baby rests right.”