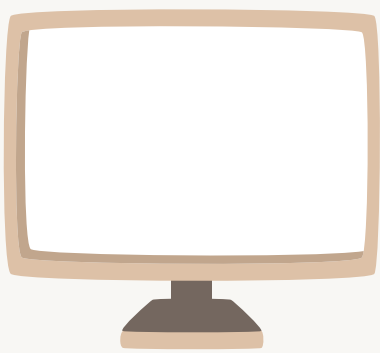


# SLEEP IN PREGNANCY

Make a sleep **schedule** and stick to it.



**Don't watch TV before bed**, or at least try to limit the amount of TV you watch before bedtime.

**Stop drinking caffeine after late-night** or earlier if you have trouble sleeping.



**Use your bed only for sleeping.** It can also be relaxing to take a bath before bedtime rather than a shower, the longer submersion in warm water can send your body into rest mode. Adding epsom salt is a great idea as well!



If you have trouble falling asleep, **make sure you are getting enough physical activity during the day, eat a balanced diet, and consider drinking some tart cherry juice..**