

WHEN TO ASK FOR HELP WITH YOUR SLEEP?

If any of the following keep you up at night or cause you to sleep poorly, you should speak with your obsteric provider.

Sadness keeps you awake

Your thoughts keep you up at night. Your to-do lists and what-ifs make you tense and prevent you from relaxing. Insomnia is a symptom of depression and anxiety and may put you at risk of postpartum depression

People say you snore- LOUD

Sleep apnea, which sounds like snoring, causes someone to briefly stop breathing- often several dozen times per hour! You can't feel rested when you are being disturbed repeatedly throughout the night. Sleep apnea may develop during pregnancy. Breathing regularly is important for both you during and after pregnancy and should be evaluated.

Stuffy Nose & Nasal Congestion

20% of pregnant people feel as if they have a cold or allergies while pregnant due to normal changes of pregnancy. Simple remedies include using a humidifier in your home, showering before bedtime, and using saline nasal spray. Before using over-the-counter remedies for congestion, please speak with your obstetrician, midwife or other healthcare professional.

Restless Legs and Leg Cramps

If painful leg cramps or a need to move your legs continuously are disturbing your sleep, talk to your physician, NP, PA or midwife. They may want to evaluate you for certain deficiencies or prescribe a supplement or medication to help you feel better.

Heart burn

Belching, burning, nasty tastes from heartburn or reflux. is very common. Avoiding spicy and acidic foods, having smaller, more frequent meals and staying up for 1-2 hours after eating can help.. Also, raise the head of your bed about 45 degrees to let gravity help.



We hope you sleep well and have good dreams

PEACE for Moms (Perinatal Psychiatry, Education, Access and Community Engagement) is a perinatal psychiatry access service which aims to reduce health disparities and improve healthy birth outcomes throughout the state of Georgia.

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PEACE for MOMS

HOW TO SLEEP LIKE A BABY

When you are a new or expectant parent





Despite being tired during pregnancy and after delivery, getting a good night's sleep may often seem impossible. While physical symptoms like back pain and a need to frequently urinate improve after the baby is delivered, other things keep new parents from sleeping. New parents continue to find themselves exhausted and unable to rest, even when given the chance to sleep. This is more than an inconvenience: insomnia is a risk factor for diabetes, high blood pressure, heart disease, or depression.

Sleep hygiene is a term for behaviors that will lead to better sleep. In the pages ahead, you will find suggestions you can make to improve your sleep. Making these minor changes part of your regular habits will help you get a good night's sleep

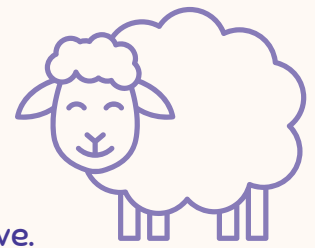


COUNT THE WAYS TO MAKE SLEEP A PRIORITY



Your bedroom should be a place of peace.

Keep your bedroom for two purposes only- for sleep and sex. Avoid T.V., reading, or surfing the WWW. Use low lighting.



Block out the light as best you can. Black out curtains can be helpful- but expensive. Get the most comfortable bedding can afford.



Lower the thermostat as far as your partner and you can tolerate..



Stay on a schedule

Train your body to fall and stay asleep certain hours of the night.

Don't stay up too long after your have put your family members to bed even though it is tempting to have some "me time."



If you need to adjust your sleep time, make the changes gradually- 15 or 30 minutes at a time. Small changes are easier for you and your body to accept.

You are what you eat, and drink.

Be mindful of your caffeine intake, and what you eat in the evening. Limit any caffeine consumption to early in the day; it takes several hours to metabolize. Avoid eating late too much too late.



Get out of bed if you can't sleep, and don't go to bed if you aren't sleepy. If you find that you have not fallen asleep within about 30 minutes of getting in (or back into) bed, it is better to stop trying. Leave the room and find a quiet activity to do for 20-30 minutes. After some time has passed, go back to bed



Get moving,

but not too late in the day. Exercise is good for your body and for your mind as well. Exercise causes you to release chemicals that release stress. Pain can improve with exercise.



If you plan an easy walk or hard run, do it at least three hours before bed to allow you to cool down, calm down, and prepare for the night.



Develop a routine Have certain activities that help you prepare for bed. Try some of these:

- Have a cup of decaffeinated or herbal tea
- Apply soothing skin lotion.
- Read a boring book.
- Listen to soft music.
- Perform simple stretches or yoga
- Pray or meditate
- Daily journaling can calm your mind.

