

Sleep when you are pregnant!

If you are pregnant, you may have to sleep just differently than you are used to. Read here tips for pregnant women who sleep poorly.

HOW MANY SLEEP IF YOU ARE PREGNANT?

An average person needs about 7 to 8 hours of sleep per night. When you are pregnant, a lot happens in your body! You need more sleep during your pregnancy than usual. Ten hours a night is not bad at all. If you are still working, it is not always feasible. Try to listen carefully to your body and, if necessary, catch up on your sleep during the day.

SLEEP ATTITUDE

If you are pregnant, you can no longer always sleep as you normally do. You can still sleep on your belly in the beginning, but later this becomes more difficult. Sleeping on your back is also not advisable since there is a lot of weight on your intestines and blood vessels. Sleeping on your side is the best sleeping position. Bend your knees slightly, if necessary, you can also support your abdomen in this position.

SLEEPING TIPS FOR PREGNANT

♥ No coffee

Do not drink coffee or other caffeinated drinks at the end of the afternoon and in the evening.

♥ Relaxed sleep

Go to sleep relaxed. Make sure you are relaxed and not have too much pressure around you before you dive into bed, then you are still bouncing in bed. For example: read a book.

♥ Turn off your phone and computer an hour before sleeping. Your brain perceives the light from the screen as daylight and does not send the body commands to start producing melatonin, the hormone responsible for the regulation of sleep. Just try to sleep without a gadget. The result will shock you. ;)

♥ Sleeping ritual

Develop your own sleep ritual. Take a hot shower, clean your face and apply yourself with body lotion. So you go to sleep relaxed.

♥ Do you have problems with your lower back?

Lie down on your side and bend your knees. Put a pillow between your legs, so that your back is less stressed. It is also good for your pelvis. Maybe a pillow under your belly can also help.

♥ Don't drink too much

Don't drink too much before you go to sleep. That prevents you having to get out at night.

♥ No full stomach

Do not eat too much just before you go to sleep.

♥ Warm milk

Drink a glass of warm milk before you go to bed.

♥ Round around

Take another walk outside in the evening.

♥ Room temperature

Make sure the room is not too hot. That is more difficult to sleep well.

♥ Restless legs?

Do you suffer from restless legs? It can be caused by a magnesium deficiency or lack of another vitamin. Do you suffer from this? Tell this to your midwife; perhaps you can take a supplement. Magnesium works better as a gel on your skin. The absorption through your skin is better with magnesium than through pills.

♥ Breathing

Breathing exercises are an ideal way to fall asleep. By watching your breath, you relax. What you can do is count your exhalation.

♥ Do you worry at night?

Put a book next to your bed and write everything down. Do a relaxation exercise. (maybe guided)

♥ Prevent heartburn

Do you suffer from heartburn at night? Try eating fat, food with high acidity and spicy food. Put a thin blanket or pillow under the head of the mattress. Then you are slightly higher, and the stomach acid will decrease less quickly.

♥ Cookies in the bedroom

Are you sick at night? Put dry biscuits in your bedroom. If you are very sick, your stomach will relax when you eat something.

♥ Fresh Air!

Air the bedroom every day!