

INSOMNIA

Early in your pregnancy, you may be very tired and sleep all the time. However, at the end of your pregnancy, you may wish those days were back again. Usually trouble with sleeping comes from the difficulty of finding a comfortable position. If you have always slept on your stomach, you are going to experience difficulty sleeping during pregnancy. Exercising a few hours before you go to bed or taking a warm bath may help you to rest easier. Shortness of breath or heart-burn may aggravate this situation, so prop yourself up at night. Also, an active fetus might keep you awake, so avoid drinking caffeinated beverages.

See “**Approved Medications During Pregnancy**” list at the top of the page