



THIRD TRIMESTER

Safe Sleep Positions in the Third Trimester

As your baby grows, finding a comfortable sleeping position becomes a challenge. This guide helps you prioritize safe sleep practices that support both your comfort and your baby's well-being during the third trimester.

A free guide from maternity.app

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Prioritize Sleeping on Your Side.

Sleeping on your side, especially the left side, is crucial for optimal circulation for both you and your baby. Avoid sleeping on your back or stomach to reduce complications.

Use Pillows for Support.

- **Pillow Positioning.** Place a pillow between your knees and ankles to align your hips and relieve strain.
- **Wedge Helper.** Tuck a wedge pillow under your bump for lower back support.
- **Head Lift.** Use an extra pillow to elevate your head slightly to help with breathing.

- ☐ Sleep on your side (preferably left side).
- ☐ Use a pillow between knees and ankles.
- ☐ Tuck a wedge pillow under your bump.
- ☐ Keep your knees bent slightly.
- ☐ Don't worry if you wake up on your back, just roll over.
- ☐ Contact your provider for severe back or hip pain.
- ☐ Observe any shortness of breath when lying down.
- ☐ Practice relaxing breathing techniques before sleep.
- ☐ Maintain a consistent sleep schedule, if possible.
- ☐ Create a calming bedtime routine.
- ☐ Keep the room dark and quiet for better sleep.
- ☐ Stay hydrated but limit liquids before bed to avoid waking.
- ☐ Consider using a body pillow for additional support.
- ☐ Limit screen time before bed to help you wind down.
- ☐ Use soothing scents, like lavender, to create a restful space.

Signs to Look For.

Watch for discomfort or persistent pain while sleeping. Contact your provider if severe back pain, hip pain, or shortness of breath occurs, as these can indicate underlying issues.

QUICK REMINDER

Prioritize sleeping on your side for better blood flow to your baby.

Finding a comfortable sleep position in the third trimester can improve your overall well-being. Implement these tips to ensure quality rest for both you and your baby.