



FIRST TRIMESTER

When Does Morning Sickness End?

If you're counting down the days until your appetite returns, hang in there. While it feels endless, relief is on the horizon for many expecting mothers. This guide outlines common timelines and offers actionable tips to help navigate morning sickness.

A free guide from maternity.app

If you're counting down the days until your appetite returns, hang in there. While it feels endless, clinical timelines show that relief is on the horizon for the vast majority of expecting mothers.

Know the Timeline of Morning Sickness.

- **Peak Weeks (6–9).** Nausea typically begins around week 6 and peaks between weeks 9 and 11 as hormones skyrocket.
- **The Turning Point (12–14).** Relief usually arrives around week 12 to 14, with 80% to 90% of women experiencing symptoms clearing up by the start of the second trimester.
- **The Outliers (14–20).** A smaller percentage of women may have symptoms until week 20, when hormone levels stabilize.

Timeline Expectations Checklist.

- ☐ Prepare ginger tea for nausea relief.
- ☐ Eat small meals throughout the day.
- ☐ Stay hydrated with clear fluids.
- ☐ Monitor food triggers that worsen nausea.
- ☐ Rest when possible to manage fatigue.
- ☐ Consider prenatal vitamins that ease nausea.
- ☐ Contact your doctor if vomiting persists past week 16.
- ☐ Keep a journal of symptoms and diet changes.
- ☐ Engage in small, light exercises as tolerated.
- ☐ Plan meals ahead to reduce stress around eating.
- ☐ Experiment with acupressure bands for relief.

Understanding Morning Sickness.

ACOG confirms morning sickness is tied to the rapid rise of human chorionic gonadotropin (hCG) and estrogen. Around week 12, the placenta takes over hormone production, leading to more stable progesterone levels, which can help reduce nausea.

TIP FOR MANAGING NAUSEA

Try to eat a small snack like crackers before getting out of bed in the morning. It can help settle your stomach.

If you ever feel overwhelmed, remember that you're not alone in this. Many women go through morning sickness, and it often fades away as your pregnancy progresses. You've got this!