
More advice...

- Eat nice and early, have a snack just before bed time if you're still hungry.
- Take your time when you eat, chew fully and enjoy the process of eating.
- Drink more fluids early in the day, try to avoid lots of drinks in the early evening.
- Have a bedtime routine, including going to bed and getting up at the same times. Try reading, music, yoga or massage just before you turn the lights out.
- Avoid screens an hour or so before bedtime.
- Use pillows to support your back and tummy.

Medication...

Seek the advice of your doctor before taking any medication - even the following which are generally considered safe for **occasional use** during pregnancy.

- Unisom
- Tylenol PM
- Sominex
- Nytol
- Ambien
- Lunesta

Your doctor may also prescribe a magnesium supplement to prevent constipation and leg cramps.

Interventions Team

Trinity Children's Centre

The interventions Team are here to help both learners and parents at the school. We are a team dedicated to providing holistic care and healing through practical interventions, advocacy, counselling and therapy.

www.tccinterventionsteam.org.za

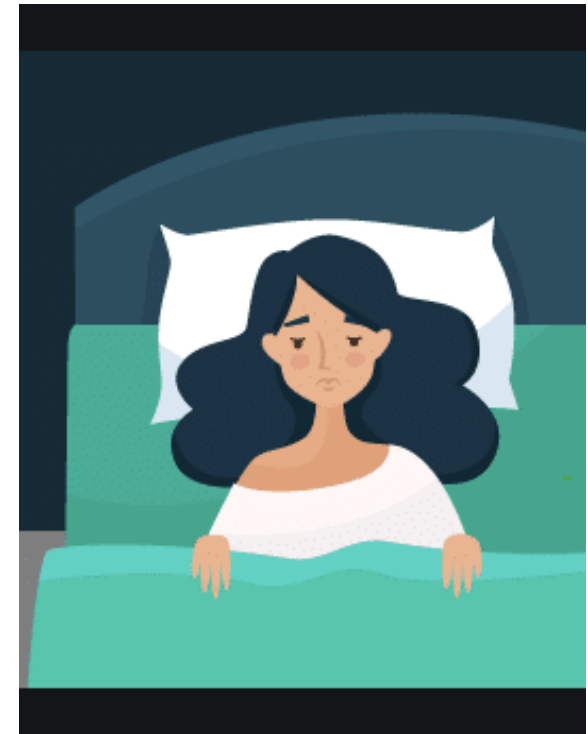
To see more about who we are, what we do and to access other helpful material take a look at our website: www.tccinterventionsteam.org.za.

To speak to a member of the team, you can contact Yolanda on 021 007 1960 or you can email her : yolanda@trinitychildren.org.za



Sleeping when Pregnant

There are lots of reasons why you find it difficult to sleep whilst you're pregnant. We hope you'll find some tips & tricks in this little leaflet that will help you through.



It's worth mentioning that insomnia won't hurt your or the baby, so don't worry about not getting your 8 hours a night!

What can we do tackle sleepless nights?

Actually there's some really good advice out there!



Get up!

If you can't sleep after 20 or 30 minutes of trying, conquer a small task that needs to be done (like putting the dishes away) and then try again.

Don't Count the Hours

Don't aim for a particular number of hours sleep. Be satisfied with what your body is telling you that it needs to function.

Clear the Decks!

If you have persistent worries that are keeping you awake, talk to either a friend or your partner about them. Do what you can to get them sorted out during the day.

Avoid the Good Stuff

Avoid caffeine and chocolate, especially during the late afternoon or evening. Both act as stimulants to the body and are certain to keep you awake!

