

The 41st Wink

Better Sleep For Life

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Sleep and Pregnancy



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Research indicates that virtually all pregnant women experience frequent nighttime awakenings, with significant numbers reporting insomnia, poor sleep quality, and excessive daytime fatigue during all three trimesters.

Beginning in the first trimester, fluctuating hormone levels cause generalised discomfort and other problems that can make it difficult to fall asleep and stay asleep.

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Symptoms may include nausea, vomiting, breast tenderness, increased heart rate, shortness of breath, higher body temperature, frequent nighttime urination and leg cramps.

As pregnancy progresses, expectant mothers may also experience back pain and difficulty with accommodating their growing baby bump, especially when the baby starts to kick at night.

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78% of women report more sleep disruptions during pregnancy (non-restorative sleep, multiple awakenings, etc).

Although experiencing symptoms is common, sometimes they may be related to a sleep disorder, the most common of which are obstructive sleep apnea, restless legs syndrome, and gastroesophageal reflux disorder.

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44% of women experience insomnia in 1st trimester, 46% in 2nd trimester, and 70-80% in 3rd trimester.

26% of women report symptoms of Restless Leg syndrome (RLS) that worsen with time.

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Getting quality sleep during pregnancy is important for both mother and baby. For the mother, sleepless nights end up leading to fatigue and daytime sleepiness.

Sleep also plays a major role in memory, learning, appetite, mood, and decision-making – all important when preparing to welcome a newborn baby into your home.

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Chronic sleep deprivation takes its toll on the immune system. Some researchers believe this may be part of the reason why a lack of sleep has such a significant impact on maternal and foetal health.

Research shows that pregnant women who get too much or not enough sleep in early pregnancy are prone to developing high blood pressure in the third trimester.

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Studies confirm that women who average less than 6 hours of sleep per night in the 3rd trimester have significantly longer labours and are 4.5 times more likely to have c-sections.

Severe sleep deprivation in early pregnancy may raise the risk of preeclampsia, a condition that can lead to preterm delivery and lasting complications for the mother's heart, kidney, and other organs.

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Inadequate sleep may increase the risk of preterm birth and postpartum depression, excess pregnancy weight gain, and contribute to elevated body mass index and high blood pressure in the newborn.

Poor sleep during pregnancy also appears to be linked to gestational diabetes mellitus.