## SLEEP TO BE WELL

## Geisinger

Think sleep issues are just part of being pregnant? **Think again!** 

**3** out of **4** pregnant women have poor sleep and/or daytime sleepiness. Each trimester brings changes in sleep. At every stage of pregnancy, practicing good sleep habits like sleeping in a dark, cool room and using extra pillows to reduce discomfort and body pain — can help you get more refreshing sleep.

## Better sleep = better health for parent and baby.



When you get healthy sleep throughout pregnancy, you are *less likely* to experience:

- High blood pressure
- Gestational diabetes
- Depression and anxiety
- C-section delivery
- Poor weight control
- Preterm birth
- Low birth weight for baby



## Not sure where to start? Try Sleep to Be Well.

This Geisinger program provides:

✓ Free on-demand sleep screening and immediate feedback − scan the QR code to get started.



- Help connecting with a Geisinger sleep specialist, if needed.
- Tools and resources to help you improve your sleep habits.