

# Maven's guide to your best sleep during pregnancy

It can be tough to get a good night's sleep during pregnancy, but there are some steps you can take to get more, better quality sleep.



## Ask your provider about pregnancy-safe sleep aids

If catching some Z's has been extra difficult for you lately, ask your OB-GYN or midwife if it's OK to take diphenhydramine (brand name Benadryl) or doxylamine (Unisom) when you need help falling asleep. They're generally considered safe for pregnancy, but always talk to your provider or a provider on Maven before taking any medication.

## Have good sleep hygiene

Scrolling through social media or watching TV before bed can hurt your sleep. Try to put your electronics away at least 2 hours before bedtime, and make sure your bedroom is dark, cool, and quiet. If you need noise to fall asleep, a fan or white noise machine are good options.

## Limit your daytime sleep

Naps can feel like a must when you're pregnant, but try to nap for no longer than 1 hour every day.

## Make a sleep schedule

A sleep schedule that gets you 7 to 9 hours of sleep can help set your body's internal clock. To do this, try to wake up and go to bed at the same time every day—even on the weekends.

## Talk to a provider on Maven

If you're having a hard time falling asleep or staying asleep, or think you may have a sleep disorder like sleep apnea or restless legs syndrome, make an appointment with a Maven provider for advice.

For more support on your pregnancy journey, join Maven for free today and speak with more than 1,700 providers and coaches. **You can get expert help with:**

- Managing the stress of pregnancy
- Creating a plan for what to eat to feel your strongest during pregnancy
- Creating your birth plan
- And so much!

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