

# YOUR GUIDE TO SLEEP

## FOR PRE & POSTPARTUM MOMS



Whether it's your first baby or your third,  
it's human to wonder what things will be like.

When we don't know what to expect, it's normal  
to have feelings of anxiety.

This guide will not only ease those anxieties for  
you, but also help you get more sleep.



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# WHAT TO EXPECT

## Sleep Throughout the Trimesters

### **1st Trimester**

It's common to feel extra tired.

Trips to the bathroom often increase with the frequent need to pee.

### **2nd Trimester**

You may start to notice you're beginning to show more. Your body is working on a beautiful, miraculous undertaking!

You may experience annoyances like leg cramps or heartburn that get in the way of you having a solid sleep.



# WHAT TO EXPECT

## Sleep Throughout the Trimesters

### 3rd Trimester

You may end up feeling like you are pretty stuffed, making your breathing shorter and quicker.

It may even feel somewhat stifled.

Heartburn can become worse than it had been.

Your feet and ankles might be swollen.

Sleeping on your stomach is out, which is uncomfortable, if it's what you were used to.

Soreness with your joints happens while doing their job of loosening to make your pelvis more free and labour easier



# IMPROVING SLEEP DURING PREGNANCY

1

## Bedtime:

Plan on heading to bed earlier.  
This way you make up for sleep in the evening  
but can still get up to start your day on time in  
the morning.

2

## Napping:

Naps don't need to be long.  
20 to 30 minutes is a nice amount of time.  
You may need to set yourself an alarm on your  
phone to cue you to end the nap.  
If you are on the clock at work, your lunch hour  
may be a time to sneak in a siesta.

3

## Hydration:

If you can get more liquid in during the daytime  
and try to limit your drinks in the evening, it can  
reduce those trips to the bathroom in the middle  
of the night.

# IMPROVING SLEEP DURING PREGNANCY

4

## Listen to your body:

Pregnancy is a good time to practice listening to your body and your intuition. Try what you can to make yourself comfortable and relaxed. See what suits you. You deserve the comfort.

5

## Rest:

Putting your feet up when you can helps take down some swelling.

6

## Movement:

Prevent extra joint pain by not over doing it with your daily activities.

# IMPROVING SLEEP DURING PREGNANCY

7

## Positioning:

Propping pillows or a pregnancy pillow under your belly while on your side, along with a pillow between your knees lying to the side can add some much needed comfort.

8

## Cooling:

It's not uncommon to feel hot during this time, so you might change up your blanket to just a sheet or your duvet to a lighter blanket. A fan in the room could offer some cool. Or you may choose to turn the heat down or partially cover the register in your room.

9

## Darkness:

Keeping the lights very dim for middle of the night wakes can make it easier to you to return to sleep.

# WHAT TO EXPECT

## Your Baby's Sleep

There is no such thing as your baby developing bad habits.

There is no reason to worry, at this stage, that they rely on you or a co-parent to help them go to sleep. This is okay and necessary.

Anything you find to do that helps your baby fall asleep best is okay to go ahead with.





# WHAT TO EXPECT

## Your Baby's Sleep

There are many ways to soothe a baby and just like us moms, they have differing preferences. You are likely to find that most most babies enjoy feeding to sleep best.

There is no wrong way to support them to get the sleep they need. Their circadian rhythms are not yet developed which in part, explains why they still wake night and day.





# AFTER BABY'S ARRIVAL

## What You Need to Know About Newborn Sleep

We can expect possibly 16 - 18 hours of sleep for your baby in a 24hr period.

Newborns tend to sleep for short amounts at a time, but need sleep soon after their feed. These babies are meant to be feeding and waking and sleeping at all times, day and night.

There is nothing wrong with you or your new baby doing so. They are naturally wired this way to get in a good amount of calories bit by bit as their little stomachs quickly grow.



# AFTER BABY'S ARRIVAL

## What You Need to Know About Newborn Sleep

A great thing about sleep is that we all heal during sleep. Allow yourself to sleep and rest when you find a chance. You're healing and wellness is more important than laundry, dishes and floors.

Babies and kiddos grow during sleep times.

Sleep is a basic need like food and water.

It is ideal that they and their mother get lots of sleep during this time.

Do allow yourself to rest when you can.

(Yes, you may have heard this before.  
You are not losing your mind. It's been repeated to  
highlight how important it is.)



# THINGS YOU CAN AVOID



There is no need to rush over to a baby while you are in panic mode to pick them up or check them, the second they move, fuss or cry.

Instead, share your calm with your baby, full-well knowing your baby is safe in their empty crib, in your secure home.

Do what you can to meet their needs as they come up. No one starts out a pro knowing which necessity they are getting your attention for.

Every baby is unique.  
It can take time.

# YOU MAY BE ASKING...

“Will I ever be able to have some influence over my baby’s sleep other than just *surviving* and doing what I can??”

# YES YOU CAN!

Around 6-8 weeks adjusted age, you may see things start to change a little as your baby develops.

It can be at this time, you may see your new baby sleep for several hours at a time during the evening.

They can then have a bedtime.

Just know, you will sleep again.

Babies whose moms joined our Baby Steps Sleep Program program, take in sleep knowledge & experience relying on a supportive environment.





# WHAT CAN I DO?

To offer you a timeline, it isn't until your baby reaches 4-6M adjusted age that their circadian rhythms are fully developed, which means they can now learn independent sleep skills.

Then they can learn to go to sleep without you rocking, feeding, patting, bouncing and whatever else you've been doing to put them to sleep in your arms.





# WHAT CAN I DO?

If you haven't slept much for days or months, the wait time of 4-6 Months can sound like an eternity and feel like one too. Thinking you might not survive it?

## REACH OUT!



Our Baby Steps Sleep Program was made for moms like you to learn the ins and outs of sleep for newborns.

# WHAT CAN I DO?

## Join the Baby Steps Sleep Program

Practice with support and get feedback from your sleep consultant within the online space where you can ask anything at any time night or day.

Feel the validation of other mothers going through the same sleeplessness as you in this new situation.

Support each other, connect with adults in grown up conversations to help you get through those first and often hardest months.



# WHAT CAN I DO?

## Join the Baby Steps Sleep Program

These moms experience more sleep and less stress. Even though babies under 4M are not ready to be taught independent sleep skills, there are sleep gains for mom and baby and anxiety is reduced.



# WHAT CAN I DO?

Connect with us. We are here for you!



[Check here](#) to find the details on our Baby Steps Sleep Program.

Get your name on the waitlist to save your spot! It costs you nothing.

One last note:  
Being good to yourself means being good to your baby!

Be good to yourself, in whatever ways you can.

## JOIN US!