

So sleep can be very challenging in the third trimester.

Your baby is coming soon and your baby is big and your body has had to make all kinds of room for this little creature.

Women often have trouble finding a comfortable position to fall asleep and then often also have trouble staying asleep for long periods of time.

It's also hard to have a big meal. Many women will start feeling heartburn no matter what they eat.

As your belly grows, sometimes people do have more heartburn as they get closer to the end of their pregnancy.

And there are some things that we can suggest that don't involve medications.

For instance, not eating close to bedtime, maybe elevating your head a little bit at bedtime.

Avoiding certain acidic or spicy foods can help with that.

It is getting harder to sleep. I've had heartburn a little bit more in the last couple weeks.

I broke down and bought a maternity pillow which I didn't do last time and I'm already noticing that difference.

So some women will find that if they get in a recliner or they use every pillow in the house to get themselves propped in different ways, they can feel more comfortable.

We recommend putting a pillow under your belly, maybe putting a pillow between your knees. These are ways that can help support your body mechanics.

It's best that you don't lay directly on your back because it can block that blood supply that feeds blood throughout the body.

One alternative to sleeping on your side is sleeping a little bit on your back with just a little bit of a tilt by taking a small pillow or rolling up a towel and then tucking it under one of your hips.

And what that will do is it will allow your uterus to tilt off one side or the other

and it won't be putting direct pressure on your back.