

Insomnia in Pregnancy

Insomnia can be a very common part of pregnancy. Your enlarging uterus and abdomen can make getting comfortable difficult, likewise the pressure on your bladder often needs to be relieved by urinating at least once a night. Many times though, insomnia is related to hunger. If you find yourself unable to get back to sleep after a trip to the bathroom, try eating a quick snack. Eight hours is a long time to go without eating when you are pregnant and you may just need some food to go back to sleep.

Some other things you can do to ensure a good night's sleep:

- Have a high protein snack before bed
- Keep a high protein snack near your bed so that you don't have to go to the kitchen to fix something
- Take Vitamin B complex supplement
- Reduce your evening activity levels
- A cup of chamomile tea or Sleepy Time tea before bed
- Skullcap is a very safe sedative herb for pregnancy
- Tension Tamer Tea – steep for 15 minutes in a small amount of water for a stringer effect
- Address any emotional or psychological issues of concern

Sometimes a restless night is Mother Nature's way of preparing you for the frequent feedings of a newborn.

Headaches in Pregnancy

The two main causes of headaches during pregnancy are **hypoglycemia** and **dehydration**. These can easily be taken care of by eating frequently throughout the day and drinking ½ to one gallon of water every day. Other causes can be congestion, eye-strain, stress, anemia, exposure to a toxic substance such as smoke, chocolate, sugar, coffee, or insecticides.

Some things you can do for a headache:

- Lie down, breathe deeply, relax
- Eat something
- Drink one or several glass of water
- Soak your feet in hot water and put an ice pack on your head or over your sinuses
- Increase fiber in the diet
- Go to bed
- Peppermint tea – steep 2 bags in 4 ounces of water for 15 minutes, drink hot

If your headaches become progressively worse or closer together, and you are experiencing visual changes, let your midwife know. This could be a sign of toxemia and can sometimes be taken care of with a few diet changes.

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