

#SleepOnSide



# Sleep on your side when baby's inside

New research shows that going to sleep on your side from **28 weeks of pregnancy** halves your risk of stillbirth compared with sleeping on your back.

Turn over to find out more



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## Why should I sleep on my side?

After 28 weeks of pregnancy, lying on your back presses on major blood vessels which can reduce blood flow to your womb and oxygen supply to your baby.

## What is the risk of stillbirth if I go to sleep on my back?

Stillbirth after 28 weeks of pregnancy affects about one in every 500 babies. However, research has confirmed that going to sleep on your side halves your risk of stillbirth compared with sleeping on your back.

## Is it best to go to sleep on my left or right side?

You can go to sleep on either the left or the right side – either side is fine.

## What if I feel more comfortable going to sleep on my back?

Even if you prefer it, going to sleep on your back is not best for baby after 28 weeks of pregnancy.

## What if I wake up on my back?

It's normal to change position during sleep and many pregnant women wake up on their back. That's OK! The important thing is to start every sleep lying on your side (both for daytime naps and at night). If you wake up on your back, just roll over on your side.

*For more information please contact your midwife, nurse or doctor.*

For information on the side sleep study, visit <https://bit.ly/2PSJhhC>.  
We thank Tommy's UK for allowing us to adapt their campaign for our purpose.

[www.health.nsw.gov.au/reducingstillbirth](http://www.health.nsw.gov.au/reducingstillbirth)