

#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.

**Either side is fine.**

The important thing is to **start each sleep lying on your side.**

If you wake up on your back, **don't worry,** just roll onto your side.

**FIND OUT MORE: [www.health.nsw.gov.au/reducingstillbirth](http://www.health.nsw.gov.au/reducingstillbirth)**

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.

