

SLEEP

It's no surprise sleep is important. I even have an [entire webpage](#) dedicated to the importance of sleep on my website. Which means it's even more important when creating life. However, I personally know how hard it is to get sleep when things like acid reflux, restless legs, and an enormous belly can prevent a restful night of slumber. Here are some tips + products that help me get sleep while pregnant.

better sleep:

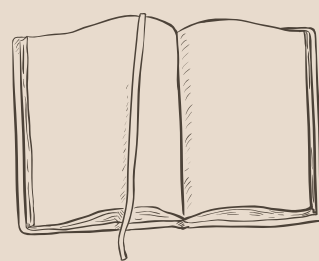
Click on each icon to jump to desired section.



For the Bedroom



For your Body



For your Mind

why sleep?

HORMONE REGULATION

While sleeping, your body regulates hormone levels, including progesterone and human chorionic gonadotropin (hCG). Getting enough sleep is essential for fetal + placenta development as well as prevention of pregnancy complications.

TISSUE REPAIR + GROWTH

As your body grows and changes to accommodate your baby, sleep supports the repair + growth of tissues, helping reduce discomfort and supporting uterine development.

IMMUNE SYSTEM SUPPORT

Sleep is critical for a well-functioning immune system. Pregnancy alters a woman's immune response to prevent the body from developing complications. A strong immune system reduces the risk of infection that could potentially harm both mom + baby.

ENERGY CONSERVATION

Sleep allows the body to conserve energy for physiological changes by reducing physical activity and metabolic rate during the restful state. This improves your overall health and assists in fetal growth.

FETAL NOURISHMENT

During sleep, your body is actively nourishing your baby. Blood flow to the placenta increases delivering essential nutrients and oxygen to baby. Proper blood flow supports brain + vital organ growth.

RISK REDUCTION

Acquiring adequate sleep is associated with a reduced risk of pregnancy complications like preterm labor, preeclampsia, and gestational diabetes. It also contributes to better blood pressure regulation, glucose metabolism, and stress hormone levels.

how much sleep?

1

Most women need more sleep in the first trimester due to hormonal changes + increased metabolic demands. You're also creating a brand new organ now (the placenta). Try to get 7-9 hrs (naps count).

2

Increased energy levels + reduced nausea may help you feel better, however still prioritize sleep. Shoot for at least 7 hours of sleep each night.

3

Discomfort + frequent trips to the bathroom make this a hard phase to sleep. Aim for 7-8 hours of sleep (again naps count!)

FOR THE BEDROOM

[scroll to sleep](#)

Himalayan Salt Nightlights \$27.99 for 2

Soft lighting in the evening signals to your body that it's time to wind down + prepare for sleep. I have this nightlight in every bathroom and keep side lighting the only source of light in the evenings. If you do have overhead lighting, consider installing a dimmer switch or turning them off by 8pm to optimize your sleep.



Dohm Noise Machine \$36.99

We have two sound machines, one for our kids and one for us. It drowns out the sounds of the house (like the AC turning on or ice dropping from the fridge ice machine). It also helps if my husband is snoring and I desperately need shuteye.



Pharmedoc Pregnancy Pillow

\$44.95

I loved my pregnancy pillow so much that I used it well past the postpartum phase! This one is made from cotton that has been OEKO-TEX 100 certified. The U-shape is great for sciatica, acid reflux, and other typical pregnancy discomforts.



Purity Home Organic Cotton Bed Sheets

\$44.99 - \$54.99

Comfy bed sheets are a must while pregnant! Even better if they are lower in toxic chemicals + breathable. These are a great budget-friendly option!

Lane Linen Organic Cotton Bed Sheets

\$44.99 - \$49.99

Another great option with a little more sizing options! When searching for organic cotton options, look for either OEKO-TEX Standard 100 certifications or GOTS-certified organic cotton. These are helpful when searching for better textile brands.



Simply Organic Bamboo Bed Sheets

\$143.20 with discount

"JUSTTHEINSERTS" for 20% off

My personal favorite + definitely an investment! I love that the bamboo is organically-grown + hypoallergenic. These sheets are naturally cooling so I do recommend a quilt or comforter on top. These are perfect for summer pregnancy + keeping your body temp in the perfect sleeping zone.



Luminara Flameless Candles

Price varies

I'll be honest. I would have never purchased this brand myself because they are more expensive than the flameless candles you'll find at Michaels.

That being said, I am incredibly grateful my mom purchased a few Luminara candles for me! I have several in my bedroom + find the gentle flicker to be incredibly soothing. I used to own an Etsy candle shop as a side hobby and have even been featured in a popular subscription box. Even though I made 100% soy wax candles with organic cotton wicks and scented them with essential oils, I stopped making them because I read conflicting research on the health effects. However, these flameless candles are battery operated and a perfect compromise if you love the ambiance of candles. I had mine on during my entire labor and every night for those first few newborn months. They were the perfect nightlight to make sure my baby had a good latch while feeding and didn't mess with my ability to sleep. This brand is expensive, however they have lasted WAY longer than the cheaper versions I got at Michaels or Target. If you want to create a relaxing bedroom environment, these are great additions!

alarm clocks

You've probably heard about the danger of EMFs + charging your phone on your nightstand. I personally still like to keep my phone in my bedroom, but on a dresser on the opposite side of my room for emergency purposes. My overactive imagination is calmed when I know I can get to my phone if I need to call 911 or if the few people that I have on emergency ring need to contact me. However, I try to keep my phone off limits an hour before bedtime and an hour after I wake up. I have a better relationship with my phone when I respect these boundaries by starting and ending my day with non-screen activities. But I still need to know the time which is why I have an alarm clock in my bedroom. This way I'm less tempted to pick up my phone for the time + inevitably get pulled in by a notification on my home screen.



AOLOX Analog Alarm Clock

\$14.99

Non-ticking is a key feature when looking for an analog alarm clock. I made that mistake with the first clock I picked out and it drove me absolutely bonkers. There is a button that will emit a soft backlight if you need the time in the middle of the night (like changing a dirty diaper or when tracking night feeds).

Fomobest Wooden Digital Alarm Clock

\$23.98

If you want to go the digital route, this wooden clock is dimmable to adjust the brightness (including completely off) to not disrupt sleep.

You can also adjust the decibel for the alarm to not wake your partner or if you need a louder alarm to wake.



Vicsoon Sunrise Alarm Clock

\$42.99

I got the Hatch alarm clock when I was pregnant with my first baby. The lighting + audio options were impressive, however I started to get anxious about having a bluetooth device right by my head every night. This is a great alternative. It isn't operated by an app + has a sunrise alarm option which will gradually increase the light within 30 minutes of your alarm. If you like the convenience of the Hatch's tap to adjust option, this clock has the same function. There are additional color options, however they are not dimmable.





Kindred Bravely Pajama Set \$54.99

Kindred Bravely has cornered the market on comfy maternity pajamas. If you're like me, you typically sleep in tattered t-shirts or sweatshirts with oversized lounge pants. While those work normally, they aren't very comfortable when things like tender breasts, sensitive nipples, irritable skin, and indigestion start in pregnancy. I upgraded my pajamas for my second baby and it did allow me to fall asleep faster. I wasn't fidgeting with my waistband (as much) and the bamboo fabric was breathable + cooling. This brand has loads of colors + styles [here](#).

Fourth Serenity Breastfeeding Pajamas \$49.99

For those looking for an all organic cotton option, this set has openings on the sides for breastfeeding if you don't unbutton to feed. I'd imagine this would be great for side-lying once baby comes! However, be sure to read the Etsy shop's fabric care instructions.



Amazon Essentials

Pajama Set \$29.99

Here's a more budget-friendly option. The fabric is cotton, modal, and elastane. There are also plus-sizes available. If you're wondering why I picked all button tops, they are great for breastfeeding which means you can wear after baby comes, however each brand has other options if you don't like buttons.



Cramilo Eyewear Blue Light Blocker Glasses \$21.00

These glasses help fend off blue light from evening screen use by reducing eye strain and helping your body stay in touch with its natural rhythms for healthier sleep patterns. I try to limit screen time an hour before bed, but sometimes my husband and I cuddle on the couch for an evening show. These glasses are perfect to protect my eyes and prevent blue light from messing with my sleep pattern.

Rowe Casa Organics Sleep Bath Bomb \$5.20 with discount "JUSTTHEINSERTS" for 20% off first order

Third trimester pregnancy insomnia hits me pretty hard. My mind races on everything I need to do before baby comes and I try to predict my baby's face + personality. If you find yourself tossing and turning for more than 30 min, try getting up to do a relaxing activity. If you can manage drawing a bath without waking anyone else, add this sleep bath bomb! Just make sure the water isn't too hot. If baths aren't your thing, try reading an enjoyable book or journaling. Give your mind an outlet and then when you feel drowsy, head to bed and most likely you'll finally drift to sleep.



Rowe Casa Organics Sleepy Herbal Tea

\$14.40 with discount "JUSTTHEINSERTS" for 20% off first order

Another option is to brew a cup of sleepy herbal tea if pregnancy insomnia is keeping you up. The ingredients in this blend are sleep-inducing, however always check with your provider.



let's talk pregnancy insomnia

Common in the last few weeks of pregnancy, finding a comfortable sleeping position may make sleeping harder. Frequent urination, B vitamin deficiency, and hormonal changes may also cause pregnancy insomnia. Here are some things to ask your healthcare provider about to help get more sleep:

- * Increase your intake of foods rich in B vitamins.
- * Take a warm (not hot) bath with a soothing oil (such as lavender) added to the water. Here is a great article on how to safely use essential oils in a bath.
- * Consider taking up yoga or meditation to relax.
- * Don't force sleep. Read, meditate, or do something non-strenuous until you feel sleepy.
- * Try drinking a cup of hot herbal tea with honey or lemon before bed or in the middle of the night. Herbal teas such as marjoram, lemon balm, and passionflower (check with your provider) are known for sleep-inducing qualities.
- * Avoid stimulants and heavy meals before bed.
- * Arrange pillows behind or under your abdomen to relieve breathlessness. Or use a pregnancy pillow.

what about restless legs?

If your legs jerk, twitch, and kick involuntarily while in bed or you suffer from painful nighttime leg muscle cramps, test if you have a magnesium deficiency. Some research also suggests that anemia may play a major role. I had restless legs the third trimester of my first pregnancy which is no surprise I was deficient in magnesium + was anemic. If you haven't yet, be sure to go through the Nutrition section in the Motherhood Guide. It may be exactly what you need to help calm your restless legs. Here are some nighttime lotions that would be great to rub on your legs 30 min before bed to keep them calm:

Rowe Casa Organics Magnesium Gel

\$20 with discount "JUSTTHEINSERTS" for 20% off first order

Rowe Casa Magnesium Gel combines magnesium oil with calming essential oils in a light gel base. This Magnesium Gel can promote sleep, relieve anxiety, and soothe aching muscles. Magnesium is essential for over 300 biochemical reactions in our bodies. Magnesium deficiency can cause migraines, sleepless nights, fatigue, leg cramps, and muscle soreness. The most effective way to replenish magnesium without digestive issues is through skin absorption, so this specially formulated gel is the perfect solution!



Rowe Casa Organics Deep Sleep Lotion

\$21.60 with discount "JUSTTHEINSERTS" for 20% off first order

I've been using this lotion for almost a year now. Although not a magnesium lotion, the essential oils in this have calming properties and allow your body (and mind) to relax. The aloe vera base makes this a great option for summer pregnancies or if you don't like the feeling of a thick gel or lotion. I've also used the spray + roller in this "Deep Sleep" line - all great options to help your body relax and get some much needed sleep while creating life!



Urban Farm Collection Dreamy Whip

\$27.50

Wind down from the day with this calming, skin-loving whip. Dreamy Whip is the perfect blend of ancient oils that help you get to sleep, and nourish your skin overnight! Nutrient-rich pastured tallow and emu oil moisturize and heal while lavender and cedarwood offer restfulness and release. Vitamin E fights off the free radicals of the day.



Wondering how to shut off your mind once you're in bed? In addition to everything already discussed, I find if I give my mind a non-screen activity an hour or two before bed, then it's able to wind down by the time I'm in my sheets. Consider it an outlet for your final thoughts of the day to flow from your mind and allow you to rest when it's time to sleep. Here are some options to try for yourself. I urge you to try them all even if you automatically disregard one (or all). It is easy to think, "that won't work for me," however, it could be the very thing your mind needs to unwind.



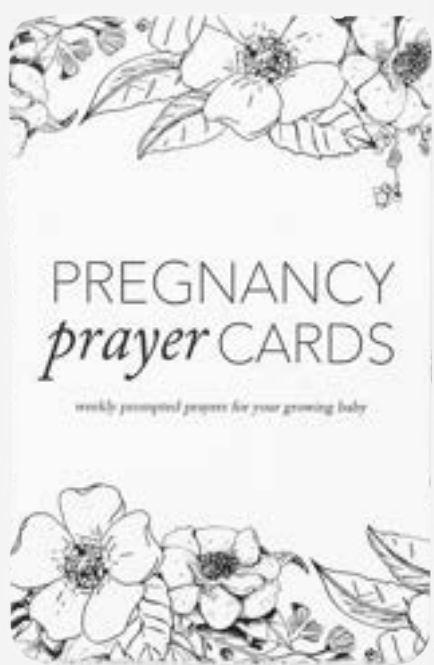
Yoga for Pregnancy Book \$17.99

Gently moving your body is more than physical. This guide is filled with step-by-step photos on yoga poses that can help you relax as well as relaxation techniques like breathing exercises. There are many relaxing yoga flows that you can do in the evening from digital programs, however try to either memorize a flow or use a non-screen resource (like this book) if you're doing a yoga sequence right before bed. This'll limit temptation to follow up on notifications or hop on social media "real quick."

Promptly Childhood Journal

\$39.99

Journaling is great for just about anything! I personally love this journal when I'm struggling with pregnancy insomnia because it makes me grateful to be creating a new life and the role I will have in being their mother. This journal starts in pregnancy and goes to 18 years old! I have one for both my children and will be getting another for my next baby. The prompts are thought-provoking and entertaining to look back on. The things I obsessed over for my first pregnancy make me laugh now that I'm on my third! The quality of this journal is another reason why I like this company. It is beautifully bound and will last a long time. It's also much easier to keep up with after baby is born. The yearly sections are easy to fill out and remind you how important parenthood is in the long run. Promptly also offers other journals including ones for your love story, your autobiography, your adoption journey, and your travels. If you've endured hardship their grief, infertility, and remembrance journals are phenomenal. For older children, I also like their emotions journal. Overall, this is a great option to pen your thoughts + pivotal life moments to not only process your life, but to reflect upon later on.



Duncan & Stone Pregnancy Prayer Cards

\$18.00

Designed to encourage you for every week of your pregnancy, these prayer cards are wonderful to keep in your nightstand or display on a wooden block. I like these ones because they marry the reality of what is occurring in your body each week with how the fetal development happening now will play a role in God's plan when your baby is born. It shifts the focus away from the pregnancy struggle you're enduring and gives you perspective on why your baby's life is precious and has purpose. I firmly believe every baby is a gift from God and spending pregnancy praising Him for that gift and covering our children in prayer before they are born is powerful. As I've said a few times on social media, I have a troubled past with religion, however everything I am (including the abundant blessing of Just the Inserts) is because of God's grace + love.