

Expecting?

Having trouble sleeping?

WHAT YOU NEED TO KNOW...

If expectant mothers didn't already have it hard enough to get a good night sleep, research shows that sleep disorders may be caused by pregnancy or an existing sleep disorder that may become worse. This is not great news for pregnant women who are already struggling to get the sleep they need to maintain their health and the health of their growing baby. For the sleep deprived expectant mother who just wants to get a good night sleep, the biggest challenge may be learning how to cope with a whole new disorder.

Which Sleep Disorders are Common in Pregnancy?

When it comes to pregnancy related sleep disorders and expectant moms, not all sleep disorders are equal. There are six sleep disorders that seem to be the most prevalent during pregnancy.

Insomnia: Is a complicated condition. According to guidelines from a physician group, insomnia is difficulty falling asleep or staying asleep, even when a person has the chance to do so. People with insomnia can feel dissatisfied with their sleep and usually experience one or more of the following symptoms: fatigue, low energy, difficulty concentrating, mood disturbances and decreased performance in work or at school.

Restless Leg Syndrome: Many people with Restless Leg Syndrome find it difficult to describe the feeling in their legs. It may be like a crawling sensation, an electric feeling, or water running down your legs, itchy bones or just fidgety, jumpy or twitchy legs that are uncomfortable. Some people describe a deep painful feeling in their legs. The unpleasant feeling causes you to have an uncontrollable urge to move your legs. Typically, when the unpleasant feelings occur they occur every 10-60 seconds and so you become quite restless and disrupt your sleep.

Heartburn: Afflicts most moms-to-be at some point because progesterone, the hormone that relaxes muscles in pregnancy, also relaxes the stomach valve that

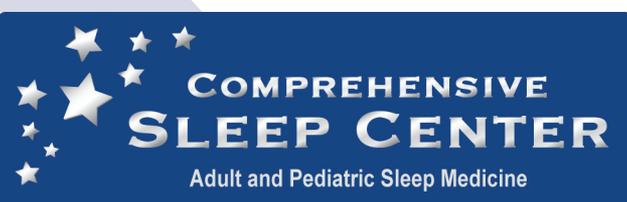
keeps acid out of the esophagus. In addition, the growing uterus crowds the stomach, forcing acid into the esophagus. Sleep Apnea may cause symptoms to worsen.

Snoring: Snoring during pregnancy is more of an annoyance than anything else. However, it may also be a sign of sleep apnea, a disorder that can deprive you and potentially your baby of oxygen. Most prevalent in the third trimester and in women who are overweight. It may cause complications which is why it is important to let your doctor know if you are snoring more than usual.

Sleep Apnea: A sleep disorder that causes you to stop breathing over and over during sleep. In addition to contributing to some long-term health problems, sleep apnea can cause complications during pregnancy. If left untreated, sleep apnea has been linked to gestational high blood pressure and the development of preeclampsia, a very serious pregnancy complication that can endanger the life of both mother and baby. Additionally, sleep apnea has been linked to low birth weight babies. As the impacts of sleep apnea during pregnancy can be so significant, it is very important that any pregnant woman who thinks she may have sleep apnea or who is experiencing excessive daytime sleepiness discusses these concerns with her doctor as soon as possible.

Frequent Urination: Frequent urination is considered normal during pregnancy but may be increased with undiagnosed sleep apnea.

Sleep disturbances are a common during pregnancy and can make it difficult to get the right amount of sleep. Stress, pregnancy-related discomfort, heartburn, nausea, and the movement of the baby can all make it hard to fall asleep and stay asleep. Unfortunately, many of these symptoms continue to get worse as the pregnancy progresses. Sleep problems should be discussed with your doctor to ensure there are no underlying problems that need to be addressed. You can also schedule your appointment with Dr. Oktai Mamedov at Comprehensive Sleep Center. He is Board certified in sleep medicine and can diagnose and treat you during your pregnancy. Call today to schedule your consultation at 517-755-6888.



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