



# Sleep on Your Side When Bubba's Inside

Going to sleep on your side from 28 weeks of pregnancy is best for bubba.

Sleeping on your side can halve your risk of having Sorry Business Babies (stillbirth) compared with sleeping on your back.

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

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.

