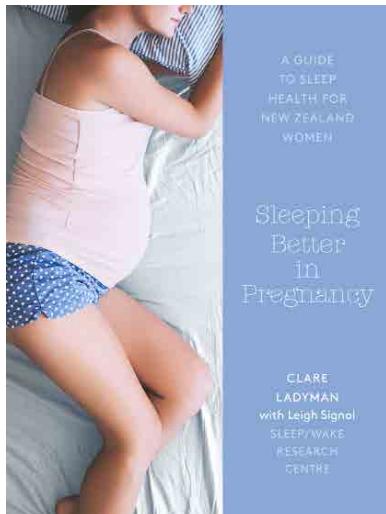




# Sleeping Better in Pregnancy

## *A guide to sleep health for New Zealand women*

CLARE LADYMAN WITH LEIGH SIGNAL



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### GET THE BEST SLEEP IN PREGNANCY TO ENHANCE THE HEALTH AND WELLBEING OF YOU AND YOUR BABY

Increasingly we are understanding how vital sleep is to our general health and feeling of wellbeing. Many of us struggle to get a good night's sleep, but the challenge is especially hard for pregnant women. The changes in women's bodies during this time have a huge impact on sleep, and sleep disruption is very common.

It can be difficult to get helpful, accurate information on sleep in pregnancy. But the latest research from Massey University's Sleep/Wake Centre gives you the tools you need to manage your sleep over each trimester. There will be challenges in meeting your sleep needs, but the ideas and information in this approachable and easy-to-read book will assist you in making the most of your sleep opportunities.

Includes up-to-date information about sleep, and the latest research on our circadian clock, REM and NREM sleep; a section on strategies for sleep health in pregnancy; and the challenges to sleep during each trimester.

### ABOUT THE AUTHORS

'I could cope so much better if I could just get a good night's sleep' was a regularly repeated phrase from friends and mothers (as well as herself) that prompted **Clare Ladyman** into the field of sleep science. Clare's PhD looked at how sleep and mental health are related throughout pregnancy and postnatal periods, and how providing information on sleep can help reduce the likelihood of mothers experiencing depression. She completed her research studies at the Sleep/Wake Research Centre and Massey University New Zealand and now currently lives in Perth, Western Australia, with her husband and two teenage boys.

**Leigh Signal** is associate professor and portfolio director, Fatigue Management and Sleep Health, at the Sleep/Wake Research Centre, Massey University, Wellington.

### SALES POINTS

- Latest research from New Zealand's internationally renowned sleep research centre
- Trusted and authoritative information for New Zealand women
- An attractive, supportive and accessible guide to help you make the most of your sleep opportunities
- Ideas and information to help with one of the most important things you can do for your and your baby's health during pregnancy

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