

**#SleepOnSide**

**Sleep on  
your side  
when baby's  
inside,**

**from 28 weeks  
of pregnancy.**

FIND OUT MORE

[saferbaby.org.au](http://saferbaby.org.au)



**#SleepOnSide**

**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.**

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**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.**

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**From 28 weeks  
of pregnancy, it is  
safest for your baby  
if you go to sleep  
on your side.  
Either side is fine.**

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don't worry!  
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**SWIPE FOR QUESTIONS  
AND ANSWERS**



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# Why should I go to sleep on my side?



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SWIPE FOR ANSWER



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**After 28 weeks of pregnancy, lying on your back presses on major blood vessels which can reduce blood flow to your womb and oxygen supply to your baby.**



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**SWIPE FOR NEXT QUESTION**



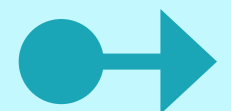
**#SleepOnSide**

**Is it best  
to sleep on  
my left or  
right side?**



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**SWIPE FOR ANSWER**



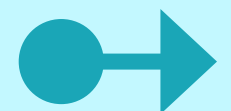
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**You can go to sleep on either the left or the right side – either side is fine after 28 weeks of pregnancy.**



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SWIPE FOR NEXT QUESTION



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**What if I  
feel more  
comfortable  
going to  
sleep on my  
back?**

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**Even if you prefer it,  
going to sleep on your  
back is not best for  
baby after 28 weeks  
of pregnancy.**

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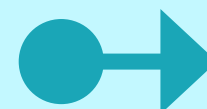
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# What if I wake up on my back?



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SWIPE FOR ANSWER





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**It's normal to change position during sleep and many pregnant women wake up on their back. **That's OK!****

**The important thing is to start **every sleep** lying on your side and just roll over on your side if you wake up.**

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