

Common Questions?

Why am I so tired?

It is normal to feel more tired during pregnancy. You may notice that you need more sleep than usual. Listen to your body and try to get between 8 - 10 hours of sleep per night.

What is the best sleep position?

Try to sleep on your side to allow for maximum blood flow to the baby. You may also find it helpful to put a pillow between your knees and behind your back. As you get further along in your pregnancy you may need more pillows and to change positions often to be comfortable.

Can I use a hot tub or sauna?

This is **not** advised during pregnancy.

Can I get my hair colored/permed?

Yes. Make sure the salon/area is well-ventilated.

Can I use a tanning bed or self-tanning products?

Use caution when using a tanning bed as research shows a connection between tanning and skin cancer. Tanning will not affect pregnancy but do not become overheated. Self-tanning lotions and creams have **not** been proven safe during pregnancy.

Can I travel?

It is okay to travel by car or plane until 36 weeks of pregnancy, as long as you are not having any problems. International flights may have more restrictions. Get up/out and walk every 2 hours to promote circulation. Drink plenty of fluids and use the bathroom often.

Avoid air travel if you are having problems with your pregnancy or general health.

Can I exercise?

Some exercise is fine, unless your provider has told you not to. Limit exercise to 30 minutes a day and never exercise until you are overheated or exhausted. Examples include walking, jogging, yoga, swimming, classes, etc. Drink plenty of fluids before, during and after exercise. Your pulse should never go above 140 beats per minute when working out.

Avoid:

- Being flat on your back or standing in one place for too long
- Abdominal exercises or ones that make you lose your balance
- Sports or exercise where there is risk of falling/physical contact (i.e. kick boxing, snow skiing, horseback riding, etc.)
- Weight training

Listen to your body and use common sense.

Can I take care of pets?

If you have cats avoid cleaning the litter box. Do not handle hamsters, gerbils, guinea pigs or similar pet rodents.

Can I paint or use stain?

You can use any water-based products; make sure the area is well-ventilated. **Do not** use oil-based products.

What if my work or home needs to be sprayed for pest control?

Follow the specific instructions on the label regarding use during pregnancy. If there are no instructions, **leave the area for 6 hours** after fumigating. Open windows and ventilate the area before returning.