



# Exercise / Sex / Sleep & Pregnancy

## Exercise

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In an uncomplicated pregnancy, we recommend 30 minutes or more of exercise daily which includes aerobic activities (walking, jogging, biking, aerobic classes, yoga, swimming, tennis, etc). Weight training and toning are fine. You can continue your usual workouts but may have to reduce intensity or shorten them. It's a good idea to listen to your body during exercise and drink plenty of fluids. After 20 weeks you should avoid lying flat on your back during exercise. Your target heart rate is calculated by your age. Basically, if you are breathing hard, slow down. Avoid activities with a high risk of falling or trauma to your belly.

*Exercise should be avoided if any of the following occur:*

- Shortness of breath
- Uneven or rapid heartbeat
- Calf pain or trouble walking
- Vaginal bleeding
- Leaking amniotic fluid
- Preterm labor
- Chest pain
- Regular uterine contractions
- Decreased fetal movement
- Growth restricted baby
- Headache/Dizziness/Weakness

## Sex

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You can have sex during pregnancy unless you are having complications or you are too uncomfortable. If there is any concern for sexually transmitted diseases, then use condoms or don't have sex.

## Sleep

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It is normal to feel more tired when you are pregnant. You may also notice you need more sleep than usual. Try to get at least 8-10 hours of sleep per night. Sometimes you will require significantly more so listen to your body and plan extra sleep time when you are tired.

It is safe for women experiencing a normal pregnancy to lie on their back for sleep. However, sometimes lying on your back can cause your blood pressure to drop. Hot or cold sweats and nausea may occur. If this happens, don't worry, you did not hurt your baby. Many women find it helpful to put a pillow behind them to support the back and hips. As your pregnancy progresses, it may require more pillows and frequent position changes during the night to keep comfortable.