



Therapeutic Rest with Morphine Sleep: FAQs

What can I expect when I go into labor?

- Labor progresses in 4 parts: early, active/transition, pushing/delivering the baby, and delivering the placenta.

What is early labor?

- In early labor, contractions help the cervix dilate (widen) and efface (thin out) from 0 to 6 centimeters.

How long does early labor last?

- For people who have never birthed before, early labor can last from hours up to 2 to 3 days. It can take up to 9 to 11 hours for most people's cervixes to dilate between 4 and 6 centimeters.

How can morphine sleep help during early labor?

- Since early labor can last for extended periods of time, laboring people can become exhausted from long periods (sometimes days) of painful contractions. Morphine sleep allows for meaningful rest during early labor.

What are the benefits of morphine sleep:

- MORPHINE SLEEP IS SAFE - there are no differences in outcomes for birthing patients or newborns between those who use morphine sleep and those who do not.
- Allows for birthing people to return home and rest in their own environment.
- Approximately 62 to 85% of people will wake up in active labor after administration of morphine sleep.
- Allows for later admission to the hospital; which is associated with lower rates of labor interventions; these include use of oxytocin, artificial breaking of waters, epidural use, internal fetal monitoring, and cesarean sections.
- Birthing people who receive morphine sleep are twice as likely to be admitted to the hospital in active labor compared with those who did not receive the treatment, leading to shorter hospital stay.

What are the risks of morphine sleep:

- Chronic or daily use of opioids during pregnancy can contribute to adverse effects in newborns but single use during labor does not.
- Side effects are rare for a one-time use in labor and can include: sedation, dizziness, nausea or vomiting, and delayed gastric emptying.
- Using opioids during labor (morphine sleep or epidural) may temporarily affect the baby's heartbeat but this usually resolves on its own.
- Opioids can be found in epidurals - which are the most common type of pain management used for labor.

How is morphine sleep administered/how does it work?

- It is an intramuscular injection - usually given in one's thigh or gluteal muscle.
- For most people it usually lasts about 2 to 5 hours and peaks in 30 to 60 minutes.
- Often, it is administered with an antihistamine to make it work better and to reduce side effects.

Would birthing people who have used morphine sleep take it again?

- Yes! And they report the majority would recommend it to a friend.