

Zooming through Pregnancy & Parenthood

Prenatal health education in a community model during COVID-19

Webinar FAQ: Stress Reduction in Pregnancy

Disclaimer: This Webinar was recorded on 4/21/20 and the FAQ answers published on 5/6/20. All current recommendations and policies are subject to change. For the most up to date UCSF COVID related information, visit <https://coronavirus.ucsf.edu/>

Any advice for getting back to sleep after waking up during the night?

If you are kept awake with a racing or alert mind, meditation can be helpful. If it takes you longer than 20 min to get back to sleep, you should get out of bed, read or listen to a book on tape, take a warm shower or meditate and then try to go back to sleep.

If you wish for more guidance on how to use Mindfulness Meditation in pregnancy to decrease stress, improve sleep and prepare for childbirth and beyond, check out this unique childbirth education course led by Sasha Yamnik Certified Nurse Midwife.

www.mindfulchildbirthbayarea.com

Are there any Teas that should be avoided? Is chamomile ok?

Chamomile is safe in pregnancy. Unfortunately many herbs are not well tested in pregnancy, but there are a few that we consider to be safe for insomnia: Skullcap, Passionflower, Lemon Balm and Valerian teas are all safe.

On the list of teas to be avoided are licorice and black/blue cohosh.

Is there someone at UCSF who can sleep with maternal sleep apnea?

If you think you might have sleep apnea, talk to your OB or CNM and ask for a referral to the UCSF Sleep Disorder Center where you will likely need to do a sleep study to determine a diagnosis of sleep apnea.

Can you repeat the advice about coffee?

Up to 200mg of caffeine is safe in pregnancy. That equals about 1 cup of coffee, a coke and a chocolate. This is most important in the 1st trimester when it can increase the miscarriage risk if over the 200mg is consumed daily.

Do you have any advice for those who are trying to breathe in and out of the nose but are having sinus issues?

Sinus congestion is very common in pregnancy, you can try a humidifier, steaming shower, increasing hydration, avoiding environmental irritants and Neti Pot (use boiled or sterile water). For medical management, Claritin or Zyrtec is safe to take.

Can naps be a part of good sleep routines?

Naps can be a life saver, especially in the first trimester when fatigue can be intense. However the naps should not replace the 8 hours of sleep that you should aim to be getting at night to support the zirconium rhythm.