
Sleep

Week 40 of 40

Activity




Advice

You made it! Week 40 out of 40! This week talk to each other about sleep!

The importance of sleep cannot and should not be underestimated! Newborns come and they wake up many times during the night – that is just the way it is.

Make sure you are both getting enough sleep – especially mom right after the baby comes home! Mom's body has a ton of readjusting to do, and sleep can really help!



Marathon Movie Date! Spend a movie, or two, or three snuggled up on the couch! Some good suggestions: Mighty Ducks, Toy Story, Harry Potter, Lord of the Rings, Pirates, Indian Jones, Star Wars, Rocky or Back to the Future!

Discussion Points

- *How much sleep do you need to function correctly (for some people it is more, and for some less)?*
- *How can we let each other know when we need a little extra rest?*
- *What will be the protocol at night when the baby wakes up?*

Goal

Relax! You have been working hard, and soon you will be working even harder. Take some time this week to relax and enjoy the last moments of being pregnant!