

#SleepOnSide

Sleep on your side when baby's inside

New research shows that going to sleep on your side from 28 weeks of pregnancy halves your risk of stillbirth compared with sleeping on your back.

Either side is fine.

The important thing is to **start each sleep lying on your side.**

If you wake up on your back, **don't worry,** just roll onto your side.

FIND OUT MORE: www.health.nsw.gov.au/reducingstillbirth

For information on the side sleep study, visit <https://bit.ly/2PSJhhC>. We thank Tommy's UK for allowing us to adapt their campaign for our purpose.

