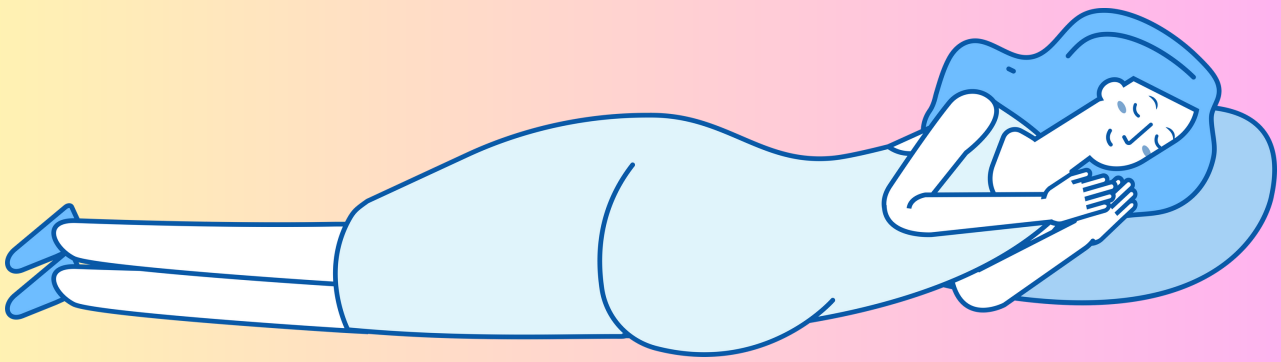


# Stillbirth Society of India

*Preventing death before birth*

## Sleep Position in Pregnancy



- **Sleeping on your back after 28 weeks of pregnancy, increases the risk of stillbirth**
- **Sleep on your side (whether right or left)**



For more information visit our website:  
<https://www.stillbirthindia.org/>.