Sleep Disorders in Pregnancy

Linda M Street MD

Obstetrics and Gynecology Section of Maternal Fetal Medicine, Wake Forest University School of Medicine, Winston Salem, NC United States.

Objectives: Mini-presentation on

- The basics of sleep
  - Sleep cycle
  - Physiology
  - Importance of sleep and consequences of sleep debt
- Why sleep is important to the OB/GYN
  - Women and sleep
  - Pregnancy and sleep
    - Changes in sleep during pregnancy
    - Causes of poor sleep in pregnancy
  - Sleep disorders in pregnancy
    - Obstructive sleep apnea
      - Prevalence throughout gestation and postpartum
      - Associated adverse outcomes
      - Screening & Diagnosis in pregnancy
      - Management
    - Insomnia
      - Diagnosis
      - Associated adverse outcomes
      - Management
    - Restless legs syndrome
      - Diagnosis
      - Management