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## Effect of non-pharmacological interventions on sleep quality in pregnancy

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**Statement of the Problem:** Pregnancy is associated with significant changes in sleep architecture and pattern, which are the result of hormonal, anatomical and psychological changes occurring during pregnancy. During pregnancy, the actual incidence of sleep disturbances affecting the quality of life and well-being of women is not known. However, starting from the first trimester, it has been reported to reach the highest values in the third trimester. Aim of this study is to systematically review the literature regarding non-pharmacological interventions for improving sleep quality during pregnancy.

**Methods:** An electronic search strategy was conducted using several online databases (PubMed, Ovid, Science Direct, Taylor & Francis) from inception to June 2018. Inclusion criteria consisted of studies evaluating non-pharmacological interventions published in English and assessed sleep quality.

**Results:** 36 articles were screened and 12 studies met the inclusion criteria in the form of four prospective randomized controlled trials, two prospective quasi-randomized trials, two randomized controlled trials and four Quasi-experimental clinic trails.

**Conclusion:** Acupressure, sleep hygiene education, education of sleep health behavior, exercise, progressive muscle relaxation and music therapy may be associated with improved sleep quality during pregnancy. However, due to the low quality and heterogeneity of the studies yielded, a definitive recommendation cannot be made. Further higher quality research is indicated.

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