



whole heart

MATERNAL MENTAL HEALTH

DOCTOR'S ORDERZZZ...

PRIORITIZE SLEEP FOR BETTER MENTAL HEALTH

CONSOLIDATE SLEEP

One chunk of 4-5 hours uninterrupted sleep plus another 2-3 hours is better than being woken up all night every 2 hours.

SELF-CARE OVER SELF-SACRIFICE

Change the message from “A good mother sacrifices for her family” to “Your needs are important and taking care of yourself will allow you to better care for your family.”

SHARE THE FEEDING

Enlist help if possible. Night-time feeding is not a 1 person job.

BE FLEXIBLE WITH THE BREAST

Breastfeeding doesn't mean you have to exclusively use your breast to feed. You can pump during the day and have other bottle feedings at night. And it's okay to give your baby formula.

Adapted from Leistikow N, et al. *Prescribing Sleep: An Overlooked Treatment for Postpartum Depression*. *Biological Psychiatry*. 92(3):e13-e15 and modified by © Wholeheart Maternal Mental Health (2022)

