



3

LIFE CHANGING HACKS

to sleep on your belly while pregnant



[Bellysleepers_n_Bellybumps](#)



[Belly Sleepers & Belly Bumps](#)

Table of Contents

Introduction	01
Chapter I: The \$10 Pool Floaty Masterpiece	02
Chapter II: The Pillow Thiefs Paradise	03
Chapter III: The Couch Technician	04
Chapter IV: Your Secret Invitation	05

INTRODUCTION

Hello, you've found the 1st ever community for belly sleeping mamas.

Belly sleepers don't get enough recognition in the sleep space, let alone being pregnant and a belly sleeper... the ultimate double whammy.

We usually get overlooked because people don't understand our pain points, they usually just say "what do you mean you can't sleep on your side?" or "don't be dramatic, it's just a sleeping position".

They don't understand that belly sleeping is the only way we can sleep, so forcing yourself to side sleep is like forcing yourself to write essays with your opposite hand. If this resonates with you, don't worry your not alone!

We've searched through every corner of the internet, read all the forums, and listened to what other pregnant belly sleepers are doing and using to cope with this struggle.

We've boiled it down to the top 3 best hacks that they swear by and are recommending for you to try. Best part? They're so easy you can do them tonight!

So there's no need to keep googling "how do belly sleepers survive pregnancy sleep?" at 2am. This eBook found its way to you for a reason.



CHAPTER II

The \$10 Pool Floaty Masterpiece



Heres how to do it:

Go grab a cheap inflatable ring (the kind for kids) from Kmart or Big W, they're usually around \$10 or less.

- Inflate it fully and place it on your bed.
- Pop a sheet or blanket over the top to soften the feel.
- Gently lower yourself belly-first, letting your bump rest in the hole.

It's not for all night sleeping, but it's incredible for short naps, stretching, or relief when you just need to lie down your way.

1 **Inflate**

Inflate it fully and place it on your bed.



2 **Cover**

Pop a sheet or blanket over the top to soften the feel.



3 **Relax**

Gently lower yourself belly-first, letting your bump rest in the hole.



CHAPTER III

The Pillow Thief's Paradise 🛏

Go grab some spare pillows lying around at your house (or steal your partners pillows 🐱), this one hits diff.

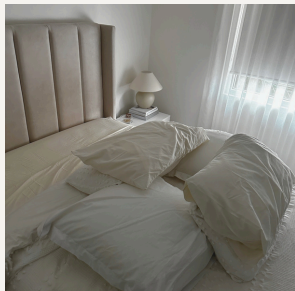
Heres how to do it:

- Stack and arrange your pillows into a circular shape — like a soft nest.
- Leave a gap in the middle, just big enough for your belly to hang gently into without pressure.

BONUS: Drape a soft blanket or sheet over the setup for added comfort and support.

Lie down slowly, adjusting your position until your belly rests in the hollow. This can give that face-down freedom without putting pressure on your bump.

1 Stack
Stack and arrange your pillows into a circular shape.



2 Relax
Leave a gap in the middle, just big enough for your belly.



3 Bonus
Drape a soft blanket or sheet over the setup for comfort and support.



CHAPTER III

The Couch Technician

Got a couch with removable cushions? Then you've got a belly-sleep setup waiting to happen.

Heres how to do it:

- Remove one or two cushions from the couch seat to create a gap. Leave a gap in the middle, just big enough for your belly to hang gently into without pressure.
- Test the depth first, if it's too deep, fill the space with pillows or folded blankets.
- Lie face down with your bump resting in the gap.

This trick lets your belly sink without pressure, while the rest of your body stays supported.

It's not glamorous, but it works and sometimes, that's all you need.

1 Remove
Remove one or two cushions from the couch seat to create a gap.



2 Test
Check depth, then pad with pillows if needed.



3 Relax
Lie face down with your bump resting in the gap.



CHAPTER IV

This is the beginning of something good.

Welcome to the first-ever Belly Sleepers Pregnancy Community! and you're officially invited. This space was made just for pregnant belly sleepers like you... because no one else really gets it.

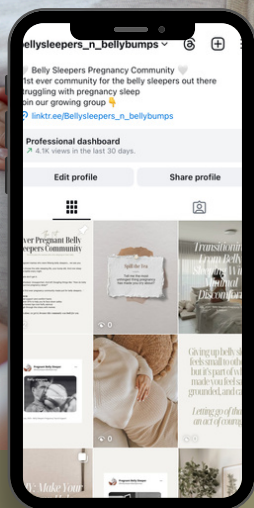
If you found this ebook helpful, well you've hit the gold mine with this one.

From practical DIY hacks, advice, mini ebooks that pack a punch to memes that only belly sleepers would get, inspiring quotes and real support from other mums battling out pregnancy sleep just like you.

Being pregnant is hard enough and struggling with pregnancy sleep for us is extremely stressful, get the support and comfort from other mums who get you.

You shouldn't have to do it alone – [Join your new community](#)

YOU'RE INVITED
TO THE FIRST EVER COMMUNITY
FOR PREGNANT BELLY SLEEPERS.



[Bellysleepers_n_Bellybumps](#)



[Belly Sleepers & Belly Bumps](#)