

1. Loss of Appetite:

- a. It is not uncommon to have a low appetite for the first few weeks into the postpartum period, especially when taking pain medication after a C-section. A well-balanced diet will aid in the healing process, support healthy weight loss, and increase energy production in the body.
- b. Source: <https://www.health.state.mn.us/docs/people/wic/localagency/training/nutrition/nst/postpartum.pdf>

2. Insomnia:

- a. Sleep education: Maintaining a sleep diary promotes awareness of sleep patterns.
- b. Sleep hygiene: Bedroom temperature and light levels, caffeine and alcohol intake, meal times, and exercise all play a role in sleep hygiene.
- c. Stimulus control: Stimulus control stresses the importance of only using a bed for sleep and sex, getting out of bed on nights when it's difficult to fall asleep, and setting an alarm for the same wake-up time every day of the week.
- d. Relaxation: Controlled breathing, meditation, and other relaxation techniques may help people unwind in the evening and fall back asleep if they wake up during the night
- e. Source: <https://www.sleepfoundation.org/insomnia/postpartum-insomnia>

3. Mood swings/Anxiety/Low Energy/Depression:

- a. Cognitive behavioral therapy (also called CBT). CBT helps you manage negative thoughts by changing the way you think and act. Common kinds of CBT include working with a therapist to help you set goals and identify negative thoughts and behaviors so you can begin to think and act differently.
- b. Interpersonal therapy (also called IPT). IPT helps you identify and deal with conditions and problems in your personal life, like relationships with your partner and family, situations at work or in your neighborhood, having a medical condition, or losing a loved one. Common kinds of IPT include working with a therapist in role-playing, answering open-ended questions (not yes or no questions), and looking closely at how you make decisions and communicate with others.
- c. Source: <https://www.marchofdimes.org/find-support/topics/postpartum/postpartum-depression>

4. Migraines/Headaches - Dizziness/Faint

- a. Types of Headaches:
 - i. Migraines: Typically felt on one side of your head, migraines can cause throbbing pain, nausea, and sensitivity to light, noise, and smells. Tension headaches: These usually include pain on both sides and sometimes sensitivity to light and sound.
 - ii. Cluster headaches: Often felt on one side of your head, behind one eye, cluster headaches can happen at the same time of day for several weeks.

- iii. Hypnic headaches: These occur at night, typically in people between the ages of 40 and 80.
- b. Get more sleep, Eat a well-balanced diet, Drink more water, Use a cool compress or ice pack, Rest in a dark and quiet room, Take small amounts pain relievers, like acetaminophen or ibuprofen, Drink small amounts of caffeine, Get a massage.
- c. Source:
<https://www.webmd.com/baby/what-to-know-about-postpartum-headaches>