

## Sleep tight

If you're having trouble getting comfortable at night, try using a pillow that provides side-sleeping assistance.

*Dream Genii pregnancy pillow, \$69, dreamgeni.us.com*

Prop your belly on a wedge-shaped cushion.

*Boppy wedge, \$18, babiesrus.com*



Feeling top-heavy? Support your growing girls while you snooze.

*Kush breast support, \$20, kushsupport.com*

# Get comfortable

Handy helpers to boost your health and wellness over the next nine months.



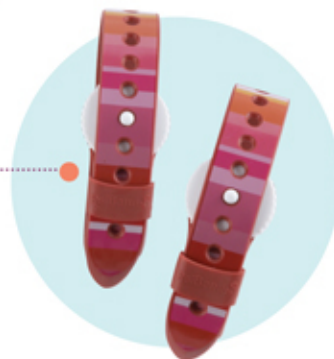
Ginger is useful for everything from calming queasiness to soothing heartburn.

*The Ginger People hard candies, \$3, gingerpeople.com*



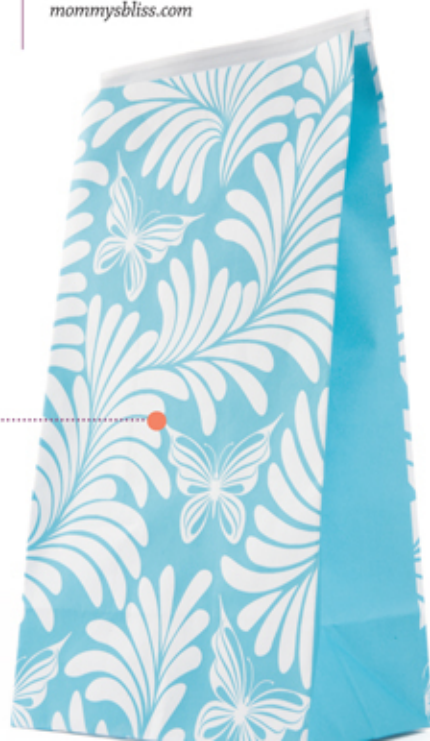
Not only is accupressure good for seasickness, it can also ease mom-to-be nausea.

*PsiBands wrist bands, \$16 for set, amazon.com*



Put out the fire that's slowly creeping its way up your esophagus.

*Mommy's Bliss tablets, \$15, mommysbliss.com*



When you can't avoid upchucking in public, catch it coolly in a leakproof bag.

*Morning Chicness disposable bags, from \$8 for 10, morningchicness.com*



*Lullabelly music belt, \$55, lullabelly.com*

Bond with baby over your favorite tunes by tucking your MP3 player into a prenatal music belt or hooking headphones up to your belly.

*BellyBuds bellyphones, \$50, bellybuds.com*

