



Tell Researchers and Health Care Providers What Pregnancy Is Really Like
Join the PregSource™ Research Project

For all that we know about pregnancy problems, we seem to know relatively little about the everyday pregnancy experience. For example,

- **How many pregnant women have morning sickness?** How often and for how long?
- **How does pregnancy affect sleep patterns?**
- **When are women most likely to gain weight during pregnancy,** and how does the timing of this weight gain affect the health of moms and babies?

To answer these and other questions, the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development and its partners created the PregSource research project.

PregSource asks pregnant women to share what they are seeing, feeling, and thinking, through a free, confidential website.



This firsthand information will help researchers and health care providers better understand how women experience pregnancy and new motherhood.



Eunice Kennedy Shriver National Institute
of Child Health and Human Development



PregSource can also help you track your daily progress. Like many pregnancy websites, PregSource has questionnaires and health trackers to chart things like your weight, sleep,

mood, morning sickness, and physical activity. At the same time, you'll be helping to inform health care for future moms and their babies. PregSource also lets you:



Share updates with your health care providers



Compare your experiences with a nationwide community of pregnant women



Get expert health information from trusted sources



Unlike other sites, PregSource collects information only for research purposes. Your personal information, such as your name and phone number, will remain confidential and secure. PregSource will never sell your information, and you will not receive ads for pregnancy- or baby-related products or services through the website.

PregSource will ask questions about your:

- **Background** (such as your age and education level)
- **Pregnancy experiences** (such as nausea or vomiting, changes in sleep patterns, and how you are feeling day to day)
- **Overall health** (such as health problems you had before you were pregnant and any pregnancy-related problems)



You can make a difference by simply sharing your experiences or encouraging the moms-to-be in your life to do the same. PregSource is free and open to pregnant women ages 18 to 70. Participation is completely voluntary.

Join PregSource today to help advance research on pregnancy.

Visit pregsource.nih.gov