

Supplementary Materials: Sleep in the Supine Position During Pregnancy is Associated with Fetal Cerebral Redistribution

Table S1. Sleep questionnaire.

Question	Possible responses
Position on going to sleep before you were pregnant?	Front No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Back No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Left side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Right side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Unsure No / Yes
Position on going to sleep in the past one month of pregnancy?	Front No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Back No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Left side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Right side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Unsure No / Yes
Position on going to sleep in the past one week of pregnancy?	Front No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Back No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Left side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Right side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Unsure No / Yes
Position on going to sleep during last night?	Front No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Back No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Left side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Right side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Unsure No / Yes
Position on waking up before you were pregnant?	Front No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Back No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Left side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Right side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Unsure No / Yes
Position on waking up in the past one month of pregnancy?	Front No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Back No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Left side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Right side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Unsure No / Yes
Position on waking up in the past one week of pregnancy?	Front No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Back No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Left side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Right side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Unsure No / Yes
Position on waking up during last night?	Front No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Back No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Left side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Right side No / Yes / Rarely (<10%) / Sometimes (10–50%) / Mostly (>50%)
	Unsure No / Yes

Table S2. Maternal demographics by cerebral redistribution.

Variable	CPR < 10th centile <i>n</i> =20 (7.3%)	CPR > 10th centile <i>n</i> =254 (92.7%)	p value
Maternal age (mean, SD) †	31.4 (2.1)	31.4 (4.3)	0.97
Gestational age at ultrasound assessment (weeks) (mean, SD) †	36.3 (1.0)	36.4 (0.7)	0.55
Maternal booking BMI (median, IQR) ‡	24.99 (22.02–28.81)	23.18 (21.09–27.13)	0.03
Ethnicity¶			
Caucasian	55% (11/20)	62.6% (159/254)	0.74
ATSI	0	1.2% (3/254)	
Asian	15% (3/20)	15.4% (39/254)	
Indian	15% (3/20)	10.6% (27/254)	
Other	15% (3/20)	10.2% (26/254)	
Parity§			
Nulliparous	20.0% (4/20)	42.1% (107/254)	0.052
Multiparous	80.0% (16/20)	57.9% (147/254)	
Smoking§	20.0% (4/20)	27.6% (70/254)	0.46
Hypertension¶	10.0% (2/20)	3.6% (9/252)	0.19
Diabetes¶	25.0% (5/20)	13.9% (35/252)	0.19

† Student t-test; ‡ Mann-Whitney U-test; § Chi-squared test; ¶ Fisher's exact test. CPR: cerebroplacental ratio; BMI: body mass index; ATSI: Aboriginal and Torres Strait Islander; SD: standard deviation; IQR: interquartile range.



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