

Table 5. (continued) Distribution of bed rest associated physical symptoms experienced by pregnant women.

Physical Symptoms	Absent		Mild		Moderate		Severe	
	n	%	n	%	n	%	n	%
Sight problems	37	71.15	0	0.00	9	17.30	6	11.55
Difficulty in sleeping	14	26.92	12	23.08	13	25.00	13	25.00
Waking up to go to bathroom	11	21.16	15	28.84	14	26.92	12	23.08
Waking up at night	25	48.09	13	25.00	5	9.61	9	17.30
Sleeplessness after waking up	13	25.00	12	23.08	20	38.46	7	13.46
Unrefreshed waking up	16	30.78	16	30.76	9	17.30	11	21.16
Involuntary drowsiness at daytime	9	17.30	29	55.76	8	15.39	6	11.55
Shortness of breath due to exercise/extreme activities	15	28.84	17	32.70	10	19.23	10	19.23
Dizziness	19	36.55	31	59.61	2	3.84	0	0.00
Faintness	33	63.45	0	0.00	19	36.55	0	0.00
Exhaustion	12	23.08	22	42.30	11	21.16	7	13.46
Constipation	23	44.23	18	34.61	6	11.55	5	9.61
Stuffiness	24	46.15	27	51.92	1	1.93	0	0.00
Edema	25	48.09	13	25.00	5	9.61	9	17.30
Hemorrhoid	26	50.00	11	21.16	12	23.08	3	5.76