

*Appendix 2 Figure 2: Facebook Page Profile Picture*

A silhouette of a pregnant woman wearing a hat, standing on a beach with her hand on her hip, looking out at the ocean during a sunset. The background shows palm trees and a building on the left, and the sun is low on the horizon, creating a warm, golden glow.

**Are you expecting your first baby?**  
***Sleep, Mood, & Motherhood***

**Would you like to learn about:**

- Your baby's sleep
- Sleep changes in pregnancy
- What to expect from sleep and feeding changes in the first few months

***For more information,  
please contact Liora on 9114 0495 or [liora.kempler@sydney.edu.au](mailto:liora.kempler@sydney.edu.au)***

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