Hypertension and diabetes and fetal growth restriction are associated with sleep disordered breathing in pregnancy. Depression of SDB is pregnancy is difficult in pregnant women are more likely to experience sleep disturbances, such as insomnia, daytime sleepiness, pain, quality, and sleep architecture disorders. Pregnancy increases risk of developing sleep disturbances and may affect sleep quality. Important risk factors include age, obesity, parity, hypertension, diabetes, and fetal growth restriction. Previous studies have also suggested that sleep disturbances during pregnancy are associated with increased risk of preterm birth, low birth weight, and fetal growth restriction. Hypertension and diabetes are known to increase the risk of developing sleep disturbances in pregnant women. Type 2 diabetes is associated with insulin resistance, which can lead to sleep disturbances and increased risk of preterm birth. Hypertension affects the cardiovascular system, leading to increased blood pressure, which may contribute to sleep disturbances during pregnancy. The relationship between sleep disturbances and adverse maternal and fetal outcomes in pregnant women is complex and multifactorial. It is important to investigate the mechanisms underlying these associations and develop interventions to improve sleep quality and reduce the risk of adverse outcomes in pregnant women.