

**Acute relaxation during pregnancy leads to a reduction in maternal electrodermal activity and self-reported stress levels**

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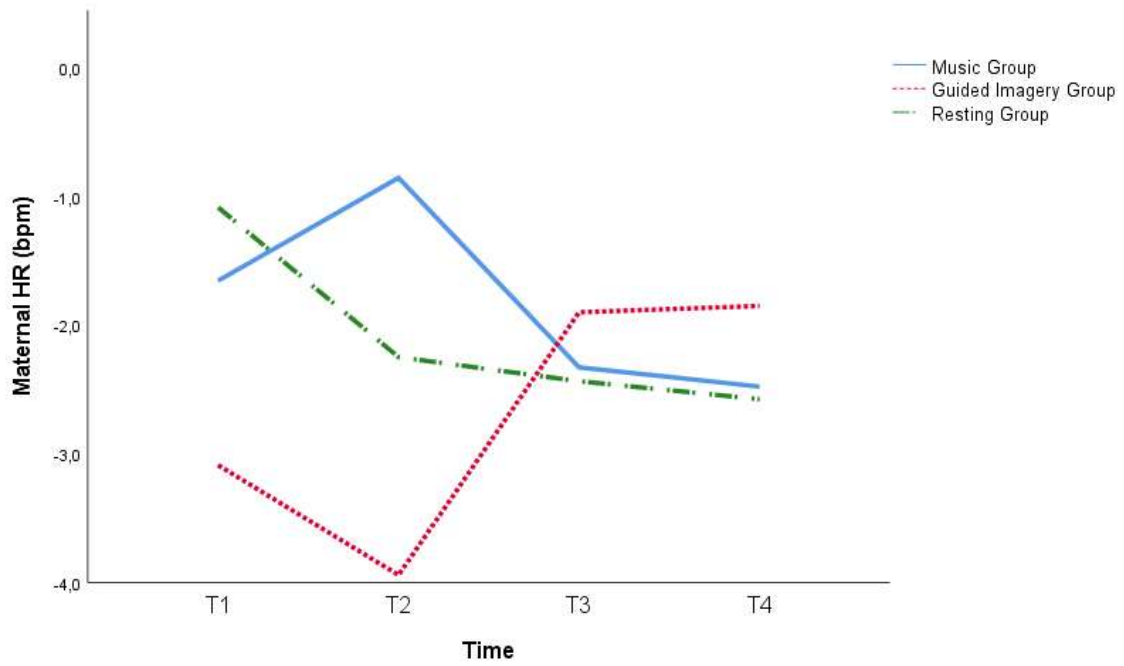
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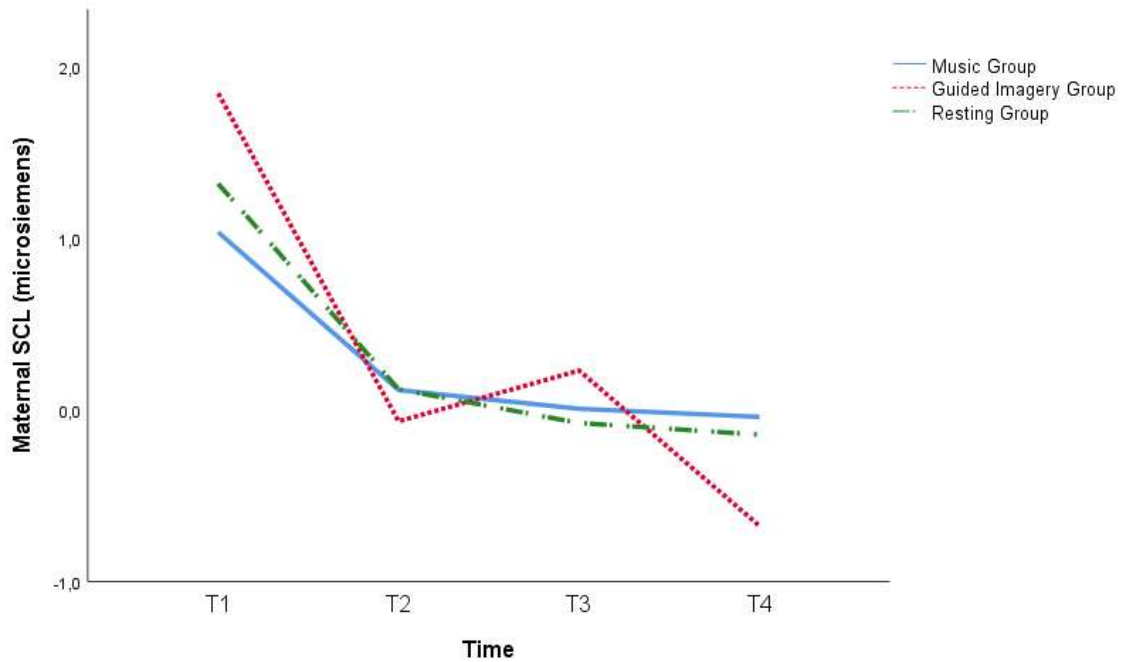
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Supplementary Figure 1. Maternal Heart Rate (HR): Overview of maternal HR (bpm) over all time points: Music Group, Guided Imagery Group, Resting Group.



Supplementary Figure 2. Skin conductance level (SCL): Baseline corrected SCL (microsiemens) over all timepoints for the three groups separately.