

Is it normal to feel fake contractions?

Yes, “practice” contractions are normal. They’re called Braxton Hicks contractions. They can be very painful and can make you think you are in labor when you are not. You might notice them more at the end of the day.

How can you tell the difference between true labor contractions and Braxton Hicks contractions? Time the contractions and note whether they continue when you are resting and drinking water. If rest and hydration make the contractions go away, they are not true labor contractions.

See [How to Tell When Labor Begins](#) to learn about other differences between true and false labor. If you think you are in labor (or are not sure), call your ob-gyn. Sometimes the only way to tell if you are in true labor is by having a vaginal exam to look for changes in your cervix.

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