**Mom and Baby Sleep and Mood Study**

**Participants**
- 278 women from all provinces in Canada completed the survey with most participants being from BC, Ontario and Alberta.
- Average age: 32.5 years
- Average age: 8.5 months
- First time moms: 54%
- Immigrated to Canada: 15%
- 98% partnered

**Sleep**
- 6.2 hours of sleep at night (range 4-9 hours)
- 2.4 wakes during the night on average
- 52% rated their sleep as fairly bad or very bad
- 70% reported infant sleep problems
- Almost 1 in 5 infants did not meet the minimum 24 hour sleep requirements

**Mood**
- **ANGER**
  - 31% had intense anger
- **DEPRESSION**
  - 14% had intense anger and probable depression
  - 26% had probable depression

**What We Learned**
- Maternal sleep quality is linked to infant sleep quality
- Lower income, more children at home, probable depression, mom's sleep quality, and mom's anger about infant sleep contributed to postpartum anger

**Conclusions**
- Postpartum anger is common and linked with perceptions of poor maternal-infant sleep
- Improving maternal-infant sleep may help to reduce postpartum anger and depression symptoms
- Care providers should ask about birthing persons' sleep and mood

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