

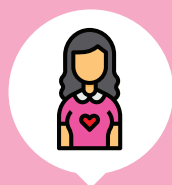
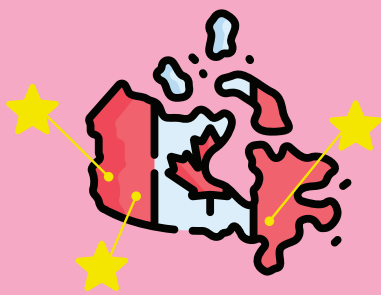


Mom and Baby Sleep and Mood Study

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



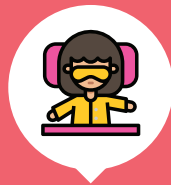
First time moms:
54%



Immigrated to Canada
15%



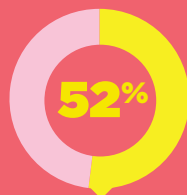
98% partnered



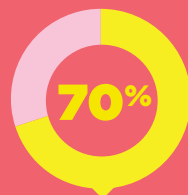
Sleep



6.2 hours of sleep
at night (range 4-9 hours)

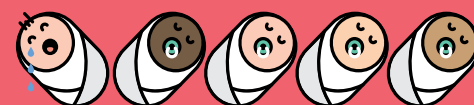


rated their sleep as fairly bad or very bad



reported infant sleep problems

2.4 wakes
during the night on average



Almost 1 in 5 infants
did not meet the minimum 24 hour sleep requirements

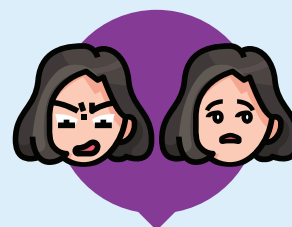
Mood

ANGER



31%

had intense anger



14%

had intense anger and probable depression

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