



Impact of Maternal Health on Infant Sleep Quality

A comprehensive analysis of sleep practices and their impacts

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How Do Sleeping Methods Influence Babies' Sleep Quality and Maternal Well-Being?



Introduction

The quality of infant sleep is fundamental for healthy development and maternal well-being.

Various factors influence infant sleep, including sleep practices, maternal emotional state, and sociodemographic characteristics.



Let's explore how these elements interrelate and which practices may be more beneficial.

Objective

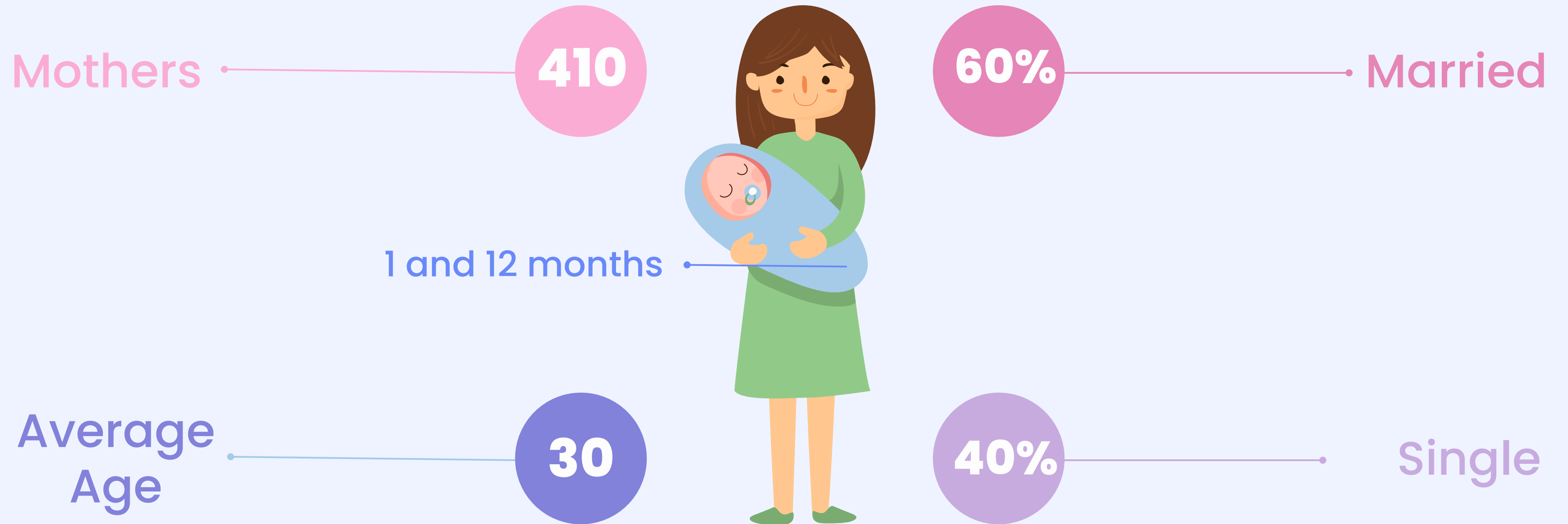
To investigate the relationship between infant sleep methods and sleep quality.

Highlighting how these practices affect night wakings and sleep duration.

Additionally, it was analyzed how these factors impact maternal emotional well-being.

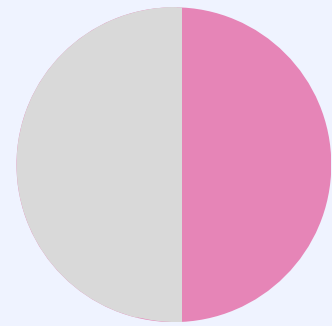


Mother and Baby Profile



Varied educational level, predominantly higher education

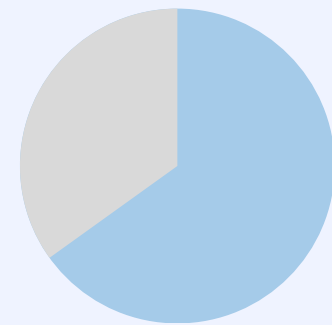
Maternal and Baby Mental Health



92 %

Depression

Mothers presented symptoms of postpartum depression



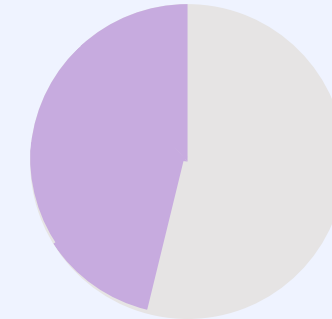
33 %

Anxiety

Mothers reported moderate to high levels of anxiety.



43 %



Negative Emotionality

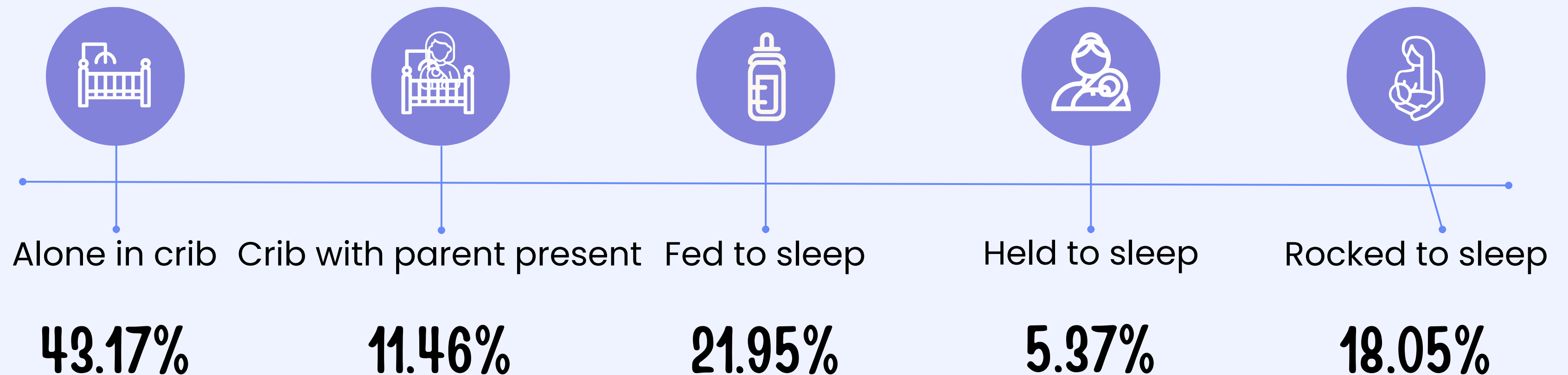
Babies have high negative emotionality (sadness, anguish, fear).

Anxiety (HADS-A): Moderate to high level
Depression (EPDS): Moderate to high level
Stress (City BiTS): Moderate to high level

Married mothers saying fewer nighttime awakenings compared to single mothers.

Impact on Sleep: Babies with greater negative emotionality wake up more often during the night.

Sleeping methods analyzed



Impact on Sleep: Babies who fall asleep alone sleep an average of 10 hours a night.

Nocturnal Awakenings



Alone in the crib

Average of 0.8 nighttime awakenings

Average of 2.4 nighttime awakenings

Fed to sleep



Rocked to sleep

Average of 1.7 nighttime awakenings

Impact on Sleep: Fed or rocked babies wake up more often during the night.

Recommendations

1st

Emotional Support

Offer emotional and psychological support to mothers

2nd

Social Support

Offer more support to single and less educated mothers.

3rd

Sleeping Practices

Promotion of sleeping practices that encourage baby independence.



Conclusion

Sleeping practices impact babies' sleep and, consequently, mothers' well-being.

Mental Health

The mother's mental health directly impacts the baby's sleep quality.



Sleep Methods

Adopting methods that encourage the baby's independence results in better sleep patterns and less stress for mothers.