



Postpartum Sleep Deprivation: Health Impacts and Strategies to have a good sleep.



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Background

Sleep and rest is the most essential thing for all human beings irrespective of the age and gender. The National Sleep foundation recommends 7-8 hours of sleep per 24 hours for adults. (NSF SURVEY REPORT, 2007)

Sleep deprivation is a challenging issue what every new mother faces once the baby is born.

Newborn sleep patterns take their toll on parents. In a study tracking the sleep patterns of mothers from pregnancy through the postpartum period, maternal sleep worsened after child birth and continued to deteriorate until about 12 weeks postpartum. (Nishihara et al, 2000)

OBJECTIVE OF THE POSTER

The poster explains on need to know about sleep importance and gives strategies backed up by research to maintain newborn sleep.



Effect of sleep deprivation: In the long term, sleep deprivation can cause: diabetes, obesity, cardiovascular disease, depression and suicidal behavior, Alzheimer's, dementia, and cognitive decline, substance abuse, stroke, cancer and intestinal disorders like ulcerative colitis .



New Mother should know the following:

- Importance of sleep for baby and mother.
- Short term and long term effects of sleep deprivation in mothers.
- Nature and characteristics of newborn sleep.
- Sleep patterns of the newborn.
- Tired signs of the newborn.
- Simple measures to promote and maintain newborn sleep pattern.

Natural Sun light Exposure



Increase daytime wakefulness and do not overtire newborns



Infant Massage and swaddling



Breastfeeding before putting to bed in the night. Avoid caffeine in mother's diet.



Co Sleeping and Bedsharing



Sleep when the baby sleeps & take family support.

How to enhance and maintain newborn Sleep.

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- Pictures retrieved from Google Images. Author acknowledges the owners of the pictures.

CONCLUSION

Organizing the immediate postnatal periods into proper schedules and understanding the newborn sleep patterns and certain strategies to cope up with the sleep wake cycle of newborn would help the mother have adequate rest while taking care of her bc

