

Michigan PRAMS Delivery Sharing Toolkit

Maternal Postpartum Sleep and Partner Support

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What is Michigan PRAMS?

The Michigan Pregnancy Risk Assessment Monitoring System, PRAMS, is a population-based public health surveillance project of the Michigan Department of Health and Human Services and the Centers for Disease Control and Prevention (CDC). Since 1987, Michigan PRAMS has provided data not available from other sources on maternal attitudes and experiences before, during and after pregnancy.

The data are used to identify groups of women and infants at high risk for health problems, monitor changes in health status and measure progress towards goals in improving the health of Michigan's mothers and babies.

Why is knowing if there is a connection between maternal postpartum sleep and partner support important?

Parenting a newborn is one of the most difficult and all-consuming tasks that a person can take on. It is widely assumed that parents of newborns endure months of exhaustion from inadequate sleep. The National Sleep Foundation recommends that adults get at least seven hours of sleep per night.

Lack of sleep may have a substantial impact on postpartum mothers, sometimes contributing to postpartum depression. Understanding how mothers may be supported in sleep through their partners may provide actionable means to address lack of sleep in postpartum mothers.

What are the key findings?

Lack of sleep among new Michigan mothers is not uncommon.

- Over 6 in 10 (63.1%) of Michigan mothers who had a live birth between 2016 and 2018 **did not meet** the National Sleep Foundation's recommended seven hours of sleep per night during the postpartum period in which they answered the survey.

Having an unsupportive partner means new Michigan mothers are at higher risk of inadequate sleep.

- Mothers with unsupportive partners had a 29 percent greater **risk of inadequate sleep** compared to mothers with very supportive partners.

Where can I find more information or services?

For more **information about this publication**, contact the Michigan PRAMS office at MIPRAMS@michigan.gov or call 844-997-7267.

Find out more about **solutions to improve sleep** at www.sleepfoundation.org/sleep-solutions and www.sleepfoundation.org/articles/new-baby-no-sleep-tips-ease-transition.

Find out more about **resources for postpartum dads and partners** at nationalfatherhoodinitiative.force.com/FatherhoodProgramLocator or visit www.postpartum.net/get-help/family/tips-for-postpartum-dads-and-partners/.