

**CHANGES IN SLEEP ACROSS THE PRE- AND PERI-NATAL PERIOD FOR MĀORI AND NON-MĀORI WOMEN IN AOTEAROA/NEW ZEALAND**

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**Introduction:** Physiological and psychological changes that occur during pregnancy and postnatally are associated with changes in women's sleep quantity and quality. Longitudinal data on such changes in Māori (M) and non-Māori (nM) women in NZ are limited.

**Method:** The E Moe, Māmā: Maternal Sleep and Health in Aotearoa/NZ study collected sleep data: pre-pregnancy (T1); late pregnancy (35–37 wks) (T2); 4–6 wks post-natal (T3); and 11–13 wks post-natal (T4). Questionnaires were completed at T2 (including retrospective items for T1) and T4 and a brief phone call conducted at T3. Sleep duration was measured using self-reported total sleep time (TST) across 24 hrs including naps at T1, T2, T3 & T4. Sleep quality included the number of good night's sleep across a week (GNS) at T1, T2 & T4, and the General Sleep Disturbance Scale Total Score (GSDS-T) and Sleep Quality subscale (GSDS-Q) at T2 & T4 (higher values = greater disturbance).

**Results:**

<b>Median (Range) of Sleep Quantity and Quality Variables for Women who Participated in Data Collection at All Time-points (M = 255; nM = 535)</b>											
	<b>TST (hrs)</b>				<b>GNS</b>			<b>GSDS-T</b>		<b>GSDS-Q</b>	
	<b>T1*</b>	<b>T2</b>	<b>T3</b>	<b>T4</b>	<b>T1</b>	<b>T2</b>	<b>T4</b>	<b>T2</b>	<b>T4</b>	<b>T2</b>	<b>T4</b>
<b>M</b>	8.0 (2-16)	7.0** (3-15)	8.0** (2-16)	7.8** (3-17)	5 (0-7)	2** (0-7)	4** (0-7)	62 (19-100)	45*** (2-98)	4 (0-7)	3*** (0-7)
<b>nM</b>	8.0 (6-13)	7.0** (3-14)	8.0** (3-17)	7.0** (4-12)	5 (0-7)	3** (0-7)	4** (0-7)	62 (17-99)	46*** (7-92)	4 (1-7)	3*** (0-6)

\*Sig. difference by ethnicity <.05; \*\*Sig. difference to T1 <.001; \*\*\*Sig. difference to T2 <.001

**Discussion:** Univariate analyses indicate that late pregnancy is a time of shorter and more disturbed sleep for women. This may be a crucial time for support and intervention for women with sleep difficulties. Few differences by ethnicity emerged, with TST pre-pregnancy being the only significantly different variable. Māori women slept longer at T1 which may be explained, in part, by a younger sample. Sleep duration and quality did not return to pre-pregnancy levels by 11–13 wks postnatal. Results warrant further investigation of sleep differences over time taking into account other possible confounding factors.

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