

**FACTORS INFLUENCING SLEEP DURATION AND DAYTIME SLEEPINESS IN WOMEN WHO ARE PREGNANT COMPARED TO WOMEN IN THE GENERAL POPULATION.**

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**Introduction:** It is widely acknowledged that sleep duration and quality change across pregnancy and that for some women this change is extreme. The current study compared the sleep of women during late pregnancy with the sleep of women in the general population to understand differences in total sleep time and associated demographic factors.

**Methods:** Women (16-46 yrs) completed questionnaires on sleep, health and mood between 35-37 weeks gestation as part of the *E Moe, Māmā: Maternal Sleep and Health in Aotearoa/New Zealand* study (n=1075). Self-reported sleep duration in 24-hrs (TST) and daytime sleepiness (Epworth Sleepiness Scale) was compared to data from a representative sample of 958 New Zealand women of the same age (Paine et al, 2004; Paine et al, 2005). Multivariate analyses were used to determine if TST or excessive daytime sleepiness (ESS >10 vs ESS ≤10) were related to being pregnant, age (5 yr bands), ethnicity (Māori vs non-Māori) or social deprivation (NZ Deprivation Index 1-10).

**Results:** Being pregnant and older was associated with shorter average sleep duration (F=3.56, p=.007). Younger pregnant women (<30yrs) obtained similar amounts of sleep to those of the same age in the general population, but older pregnant women reported less sleep than younger pregnant women and, depending on the age bracket, also less sleep than those in the general population. The likelihood of excessive daytime sleepiness was greater for pregnant women (OR=1.7, 95%CI=1.3-2.3), being Māori (OR=1.4, 95%CI=1.1-1.9), and for the 10% most deprived (OR=2.0, 95%CI=1.1-3.5). TST was not related to daytime sleepiness.

**Conclusion:** Age may be an important factor in determining sleep duration during pregnancy, although parity may play a role as well. Being pregnant, identifying as Māori or being socio-economically disadvantaged is related to an increased likelihood of excessive daytime sleepiness. Sleep duration was not found to influence daytime sleepiness suggesting that changes in sleep quality may be more important.

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