

Kia Ora and Welcome to our latest newsletter. In this edition we have information about the progress of our study and future plans, our urgent need to hear back from Maori women in the study, and messages from two of our team members (Dee and Hannah).

STUDY NEWS

We mentioned to you in our last newsletter that our study has an expanded focus and new name. We have shifted from being known as “**E Moe, Māmā: Maternal Sleep and Health in Aotearoa/New Zealand**” to “**Moe Kura: Mother and Child, Sleep and Health, Aotearoa/New Zealand**”. We are still interested in understanding the sleep of mothers and how it affects their health, but we are also interested in the sleep and health of the children born during the *E Moe, Māmā* study.

What we have been doing with the *E Moe, Māmā* findings

An incredible 423 Maori women and 763 non-Maori women gave us information and we have been able to add to what we know about sleep and health to benefit all New Zealand women. Researchers from our team have been spreading the word and telling others what we have found. This has included:

- Talking about the study findings to midwives, Plunket nurses and individuals working in mental health in New Zealand so that they understand the importance of sleep for mums.
- Presenting findings from the study to other researchers in meetings in Wellington, Christchurch, Darwin, Perth, Melbourne, Boston, Providence and Valencia.
- Preparing scientific papers that have been published in national and international journals (with many more papers to come).
- Speaking to the media about our research.

We have also had researchers from Canada and the UK come and spend time with our team to learn about what we are doing.

If you would like to know more about what your information has told us about sleep and health in New Zealand mums then please “like” our Facebook page <http://on.fb.me/1suTWLY>. We regularly post findings from the study there. Keep an eye out as there is still a lot more to come!

Moe Kura progress

We have been collecting information from mothers about their sleep and health and the sleep and health of their 3 year old child – the child that was born during the *E Moe, Māmā* study since late 2012. We have nearly finished collecting this data (see our urgent request below to hear back from more Maori mums) and will soon be spending time figuring out what it is telling us (Dee explains below what she will be looking at in some of the data).

The future

We have been fortunate to be supported by the Health Research Council and Massey University up until now. As always, future research will depend on having enough funding. Our plan is to follow you and your child, as your child grows, to explore the factors that affect mother and child sleep and find out how sleep impacts on mother and child health and wellbeing over time.

Even if we don't collect more data for a little while we will keep in touch and let you know what we are finding from the previous data collection rounds. To help us do this, please let us know if you have moved, changed phone numbers or your email address. Get in touch with the research team via 0800 MUMSLEEP or mumsleep@massey.ac.nz.

CALLING ALL MĀORI MUMS!

We need your help! There's only a few more weeks left to get your questionnaires back to us and we really need more Māori mums from our study to get involved.

One of the shining lights of the *E Moe, Māmā* study was the large number of wahine hapu who took part. With their help we have been able to look at important issues such as why Māori women have higher rates of depressive symptoms in pregnancy and after the baby is born, or why babies of Māori mums are more likely to be in distress during delivery. Although the stats might be alarming, it is an important first step to ensuring that Māori women and their whānau receive the services and care they need to be safe and stay healthy, now and in the future.

We want to be able to keep looking at important questions and issues for Māori but to do this we need as many women as possible from *E Moe, Māmā* to take part in the Moe Kura study. So far only 258 out of 404 Māori women have completed their questionnaires and sent them back to us. We would love to get as many questionnaires back before the clock runs out. It doesn't matter if your child turned 3 months ago, we still want you to take part. If you haven't received a pack from us, or if you threw your pack out because you were too busy, or even if "the dog ate it", no worries – we will arrange for a new pack to be sent to you, no questions asked! We can also arrange to do the questionnaires over the phone, or to have someone come and collect the questionnaires from you. The data collection will close in early 2015. Remember, you could get \$40 of New World, the Warehouse, or petrol vouchers to say thank you, just in time for Xmas!

HANNAH TIMMS RESEARCH ASSISTANT

Hannah joined the Sleep/Wake Research Centre in July 2013 as the Centre administrator, and joined the *E Moe, Māmā*/Moe Kura team in October 2013. She is involved in data collection and data entry, including sending out study packs, sending reminders out to participants, and processing study packs when they're returned. If you've talked to someone on the Moe Kura team recently, it's probably Hannah! In her spare time, Hannah enjoys singing in local choirs and reading.



DEE MULLER PHD STUDENT

Dee is well underway with her PhD, looking at social determinants of children's sleep. As well as examining the valuable data provided in the *E Moe, Māmā* and Moe Kura questionnaires, she will be inviting women to share their experiences of children's sleep in face-to-face interviews next year. By using different types of data, Dee is keen to gain an in-depth understanding of the factors that support good sleep as well as the challenges that young children and their families/whānau face, so she can identify what can be done in the future to enhance the sleep and wellbeing of children in Aotearoa/New Zealand.

We would like to wish you and your whanau/families all the very best for the holiday season. May you make many wonderful memories over the summer months and enjoy relaxing with family and friends. Meri Kirihimete ki a koe me te whānau!