



E Moe Māmā: Maternal Sleep and Health in Aotearoa/New Zealand

June 2010

Issue 2

Kia ora and Welcome

This is the second edition of the E Moe Māmā: Maternal Sleep and Health in Aotearoa/New Zealand newsletter. In this edition we will update you on the study's progress, our new website and the Wellington Parent and Child show being held on June 19th and 20th at the TSB Arena. We also give you an insight into the lives of two of our research team members.

Currently, we have 357 enrolled women in our study. We would like to thank all of the women who have given up their time to participate to date as well as all of the individuals who are helping to recruit women into the study.

So, don't forget to check out our new website www.mumsleep.co.nz and come along to the Parent and Child show, hope to see you there!

Kind regards,

The E Moe Māmā Research Team



Bronwyn Sweeney
PhD Candidate/ Junior Research Officer

Where are you from? I am a born-and-bred Wellingtonian, and now live on the beautiful south coast of the North Island, in Lyall Bay

Family/pets: I have a partner, two teenage daughters, two dogs and a cat with multiple personalities.

Interests: crafty things - I make a lot of my own clothes and I like to knit for the Wellington Neonatal Trust when I have time - lately my knitting has been for Sleep/Wake babies though! I also enjoy slow-cooking and beer tasting, which go well together. And thanks to a class being offered here on our Campus I have rekindled an interest in yoga.

What you do at Sleep/Wake Research Centre?: I have been at SWRC for three years, first as a part-time Junior Research Fellow while I completed my Honours degree which included working on the pilot study for the E Moe Māmā project. Now as a full-time doctoral student immersed in the E Moe Māmā study and another related project to do with sleep promotion for mothers and newborns.

Best memory to date working at Sleep/Wake Research Centre: I don't have a standout memory but I love working here in such a stimulating, supportive and friendly environment.

Highlight of the E Moe Māmā project so far: Getting the grant! We think this is the largest grant given to study sleep in New Zealand, and receiving funding to study topics so close to my heart is really exciting.

Best advice someone has given you: I've been lucky enough to receive lots of great advice and tips about life, career and parenting. Trust your instincts, as a parent would have to be a favourite. It can be a hard thing to do, but so often with children there is no one, right, answer. 'Being a 'good enough' parent is great' is also another favourite (especially for someone with perfectionist tendencies!).

ASG Parent and Child Show

19th and 20th June 2010

The E Moe Māmā research team will be exhibiting at the Wellington ASG Parent and Child being held at the TSB Arena on the 19th and 20th June 2010.

So pop along for a fun and informative day out where you will be able to learn more about the study and meet the E Moe Māmā team. We will be located at **stall 17** right next to the stage area. For more information see www.parentandchildshow.co.nz



E Moe Māmā Website

Our website is now up and running www.mumsleep.co.nz. On the website you will find information about what the study is about, how to participate, our newsletters, team member information, frequently asked questions and other useful links for mothers. You can even request a study information pack directly from our website! So visit www.mumsleep.co.nz

Need more packs?

Thank you to all the individuals who are assisting the E Moe Māmā research team with the recruitment of pregnant women into our study. We will be in touch with you soon to see how things are going.

If you need more packs to hand out please contact us on 0800 MUMSLEEP.



Sarah-Jane Paine Postdoctoral Research Fellow

*Mataatua te waka
Ko Maungapohatu te maunga
Ko Ohinemataroa te awa
Ko Waikaremoana te roto
Ko Taurarau te marae
Ko Rongokarae te tangata
Ko Ngati Rongo te hapu
Ko Tuhoe te iwi
Ko Te Hereripine Sarah-Jane Paine toku ingoa
No Wairoa ahau*

Where are you from? I am from Tuhoe in Te Urewera but was raised in Wairoa, Hawkes Bay.

Family/pets: I am the youngest of five children, my mother Agnes Te Mihikore Tihi is from Ruatoki in the Bay of Plenty and my late father Clifford Douglas Paine was from Dunedin. My husband Laird is from Feilding in the Manawatu and our daughter Piata is 7 months old and was born in Wellington. I'm a cat-person and our ginger tom cat "Fred" went to mum and dad's house in 2005 for a holiday and has never returned to Wellington....but then why would you when you have your own chair, blanket, food around the clock and constant attention....

Favourite meal to cook: I love cooking and my current repertoire includes lots of yummy hot comfort food that goes so well with cold wintery Wellington days. Spicy curries and stews with lentils have featured a lot lately. I think as a new-ish mum I will have to embrace my stock-pot as I am finding that there is not the same amount of time available in the evenings for dabbling in the kitchen.

Things you like to do in your spare time: These days my spare time is usually spent "swinging" at the park with Piata, hopefully with a People's Coffee in hand from the lovely ladies at Zuleika in Island Bay, and having some catch-up time with Laird and our friends and family. If I can concentrate for long enough I enjoy reading crime/thrillers, The Girl with the Dragon Tattoo has been on my bedside table for a while now...

What you do at Sleep/Wake Research centre: I am a Postdoctoral Research Fellow supported by a Health Research Council Eru Pomare Fellowship in Māori Health. I am involved with a number of different projects ranging from basic science (how the circadian biological clock regulates sleep timing), epidemiology (prevalence, risk factors and consequences of common sleeping problems), Māori health/Public health (inequalities in sleeping problems between Maori and non-Maori adults, equity in sleep service provision).

What is your role on the E Moe Māmā Research project: My main responsibility is to ensure that the E Moe Māmā project is responsive to the needs of the Māori community. This includes developing networks with Māori recruitment sites, overseeing the collection of data from Māori women, acting as kaitiaki (guardian) of their data during analysis and interpretation, and disseminating information and resources back to the community.

Best advice someone has given you: My father was my most important adviser and whilst he taught me many things throughout my life one piece of advice that sticks with me and I hope I can pass on to Piata is "of course you can", reminding me that nothing was out of my reach if I put my mind to it and believed in myself.

Yes! We still need pregnant women for our study. If you are keen to help hand out packs for us or would like to participate in our study let us know!

0800 MUMSLEEP, text 5222 or email mumsleep@massey.ac.nz

