

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

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Issue 7



Kia ora and Welcome to the seventh edition of the *E Moe, Māmā: Maternal Sleep and Health in Aotearoa/New Zealand* newsletter.

In the newsletter this month we introduce our new study, *Moe Kura: Mother and Child, Sleep and Wellbeing in Aotearoa/New Zealand*, and talk to Junior Research Officer Dee Muller about her involvement with the *E Moe, Māmā* project. There are also results from the *E Moe, Mama* study and details of two exciting new prize draws!

New study: Moe Kura

The *E Moe, Māmā* study has provided us with valuable information about how sleep changes for mothers in the early weeks and months after their babies are born. However, very little is known in this country or overseas about how sleep changes for mothers and their children in the first few years of life together.

In late 2012 the research team designed a new programme of research called *Moe Kura: Mother and Child, Sleep and Wellbeing in Aotearoa/New Zealand*. The aim is to investigate the relationship between mother and child sleep and find out how this relationship affects their health, wellbeing and development. *Moe Kura* is the first programme of research of its kind in New Zealand, and we are fortunate to have the support of a number of experts in maternal and child health and development supporting this study.

Everyone who took part in the original *E Moe, Māmā* study is being invited to take part in *Moe Kura*. The team are busy trying to contact everyone so that we can provide you with information about *Moe Kura* and let you know what is involved. We are asking everyone if they would complete another set of questionnaires when their child is around three years of age, and in return we will send you \$40 of Warehouse, New World or Petrol vouchers.

If you would like to know more about *Moe Kura*, please contact our research team and we will provide you with more information.

The Sleep/Wake Research Centre research team has been extremely fortunate to work with Open Lab, a design studio located within Massey University's College of Creative Arts. and Te Matahiapo Research Centre to develop the *Moe Kura* identity that is being used in our new programme of research.

The name *Moe Kura* was gifted to us by Dr. Te Huirangi Waikerepuru (Taranaki) from Te Matahiapo in 2013. He explains that "*Moe Kura* is based in the concept of te au moe kura i te ao māmā: the peaceful treasured sleep as of the child into the world of ancient wisdom, wonderment and light".

The new design for *Moe Kura* was developed by the design team from Open Lab at Massey University. Dr. Waikerepuru has named this design *Te Aioiotanga: kia aioio te moe, e au te moe* (restful, peaceful sleep). This design and its name reflect the importance of the mother and child relationship to health, wellbeing and sustainable nurturing environments.

iPhone 5 to be won!



*Have you updated your contact details with us recently?
Update your contact details to be in to win an iPhone 5!*

Over the last few months, the research team have been contacting all women who participated in the *E Moe, Māmā* study to check that we have your up-to-date contact details. This is so that we can tell you about our research findings and inform you about new research. Some of you will have heard from us already about our exciting new *Moe Kura* study.

If you have updated your contact details recently, you have been entered in the draw automatically. If you know anyone else who participated in *E Moe, Māmā* then please let them know they can be in to win if they get in touch and update their contact details by **30th September**. There are just over 100 women we are having difficulty getting in touch with.

To update your contact details, please phone 0800 MUMSLEEP, text 021 423 343 (charges may apply), visit www.mumsleep.co.nz or email us on mumsleep@massey.ac.nz

A huge thank you to Telecom who have donated the phone, which can be used on any network.

Diane (Dee) Muller
Junior Research Officer

Dee joined the E Moe, Māmā team in 2010 after completing her Master's thesis on primary school-aged children's sleep at the Sleep/Wake Research Centre. As a qualified occupational therapist, Dee previously worked in a variety of health and rehabilitation settings in New Zealand and the UK.

She has been involved in many aspects of data collection, analyses and planning to date. "I have really enjoyed being part of such a meaningful project and believe that the sleep of mothers and children play a vital role in the health and wellbeing of our society."

In the near future Dee is hoping to start a PhD embedded in the wider project, with a focus on social determinants of children's sleep. She is particularly interested in identifying aspects of family/whānau, neighbourhoods and wider communities that support good sleep health for children.



When not at work, Dee enjoys spending time with her two children and husband. She loves reading, food and occasionally squeezes in some exercise by playing tennis, netball or going for a walk.

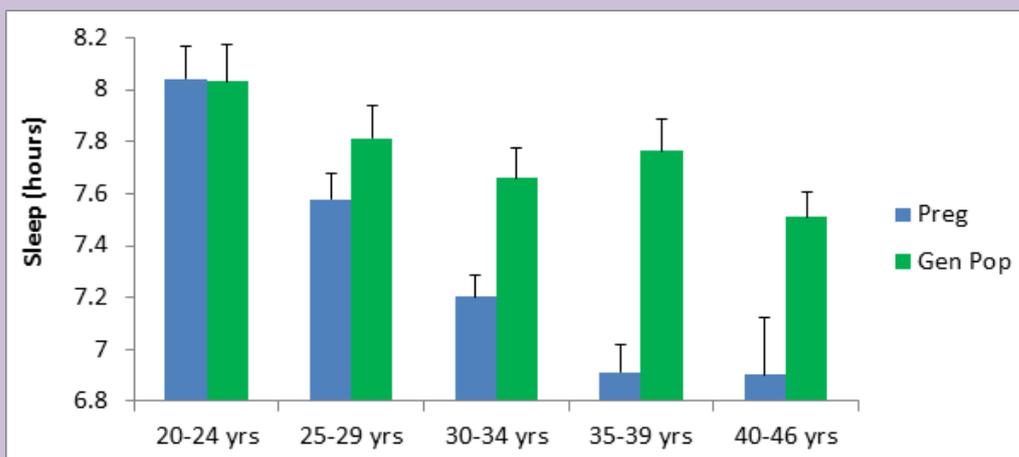
Comparing the sleep of pregnant women
to the sleep of women in the general population

Recently we have been comparing the sleep of pregnant women (from the *E Moe, Māmā* study) to the sleep of women in the general population. This is so that we can determine whether sleep is very different in pregnancy and if so, how much it changes. We have also looked to see whether there are other factors, such as age, ethnicity, socio-economic position and employment that make a difference to sleep.

We have found that on average, pregnant women get 30 minutes less sleep than women in the general population. Age also seems to be quite important, and women who are pregnant and slightly older get less sleep than younger pregnant women and less sleep than women of a similar age in the general population. In the graph below, the green bars show the amount of sleep women in the general population get. These values decline slightly as women increase in age but this decline is much greater for pregnant women (shown as the blue bars).

We know from a lot of other research that sleep changes across the lifespan. We don't know why there is such a decline in sleep with increasing age during pregnancy. It might be that there are other influences (that we haven't measured) that are important. Our advice is that getting enough sleep should be a priority during pregnancy especially for women over 30 years of age.

The amount of sleep pregnant women and women in the general population obtain by age.



Photo/drawing competition

Be in to win a \$50 Warehouse gift voucher!



As part of the Moe Kura study, we are setting up a new website and would like to feature photos of the mothers, children and families who were part of *E Moe, Māmā*.

Send us your favourite family photo as a jpeg file and in the highest quality/resolution possible and go in the draw to win! You do need to feel completely comfortable that the photo could feature on the Moe Kura website. If you don't, then how about sending us a photo of a favourite piece of artwork your child has recently made? The brighter and more colourful the better!

We will pick a winner on Tuesday 8th October – so get those photos rolling in!