Maternal sleeping hours and fetal outcomes

Prepared by:
Rosol Naeem Qattawi

Saba Mamoon Mbaied

Tala Thabit Sawaftah

Lama Mohammad Abu Samen

Sara Mohammad Abo Iznate

Supervisor:
Mrs. Mahdia Al – Kony

Abstract:
Introduction: Pregnancy is a time of physical and mental health changes that can include experiencing feelings of joy and hope.
Sleep is a multidimensional, bio-behavioral process that is essential to human health.

Aim: The aim of this study is to explore the effect of maternal sleeping hours on outcome of pregnancy.
Objectives:
1- Describe the relationship between number of maternal sleeping hours and outcome of pregnancy.
2- Identify factors that affect maternal sleeping hours.

Methodology: A quantitative prospective descriptive study will be used to measure effects of maternal sleeping hours on fetal outcomes, 100 women in the third trimester of pregnancy from maternal and child health centers (MCH) clinics in Ministry of Health will be recruited to identify the effect there sleeping hours on outcome of their pregnancies. Data will be analyses by using SPSS.

Result: The result showed that correlation between mothers' sleeping hours and birth weight is significant (p-value = 0.050) and in a moderate positive way (correlation = 0.195), which means that an increased total number of hours of sleep us associated with increased baby's birth weight. Moreover, the correlation between sleep time and APGAR score at the 1st minute is significant (p-value < 0.0001) in a moderate positive way (correlation = 0.434), which indicates that increased mother's sleeping time increases baby's APGAR score at the first minute. On the other hand, sleeping time is not significantly correlated with APGAR score at the 5th minute (p-value = 0.183), even though it is in mild positive way (correlation = 0.134).