

The Natural Child Project™

[Home](#)[Articles](#)[Shop](#)[Art](#)[Counseling](#)[Resources](#)[Donate](#)[Search](#)[GO](#)

Breastfeeding Increases Sleep Duration of New Parents

Department of Family Health Care Nursing, School of Nursing, University of California at San Francisco, CA 94143, USA.

Journal of Perinatal & Neonatal Nursing. 21(3):200-206, July/September 2007.

Doan, Therese RN, IBCLC; Gardiner, Annelise; Gay, Caryl L.; Lee, Kathryn A. PhD, RN, FAAN

Abstract:

Objectives: This study describes sleep patterns for mothers and fathers after the birth of their first child and compares exclusive breastfeeding families with parents who used supplementation during the evening or night at 3 months postpartum.

Methods: As part of a randomized clinical trial, the study utilized infant feeding and sleep data at 3 months postpartum from 133 new mothers and fathers. Infant feeding type (breast milk or formula) was determined from parent diaries. Sleep was measured objectively using wrist actigraphy and subjectively using diaries. Lee's General Sleep Disturbance Scale was used to estimate perceived sleep disturbance.

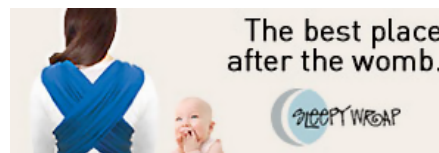
Results: Parents of infants who were breastfed in the evening and/or at night slept an average of 40-45 minutes more than parents of infants given formula. Parents of infants given formula at night also self-reported more sleep disturbance than parents of infants who were exclusively breast-fed at night.

Conclusions: Parents who supplement their infant feeding with formula under the impression that they will get more sleep should be encouraged to continue breast-feeding because sleep loss of more than 30 minutes each night can begin to affect daytime functioning, particularly in those parents who return to work.

[Attachment Parenting Research](#)



Living Crafts
Crafts for the whole family
Subscribe now and receive Spring 08 FREE. Offer Code: S08NCP



The best place after the womb.
SLEEPY WRAP



Willow Toys
play, live, learn



Counseling with Jan Hunt
Parenting can be easy and joyful!
by phone or email



Support The Natural Child Project While You Shop
iGive.com™
LANDS' END GAP STAPLES Expedia over 600 stores



The Natural Child Project
Gift Shop
Unique items for babies, children, and parents

[Home](#)[About](#)[Advertise](#)[Contact us](#)

Children reflect the treatment they receive.

Your kind support makes our work possible. [♥ Donate](#) Thank you!