NEWBORN'S SLEEP: SURVEY AMONG MOTHERS

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INTRODUCTION

Sleep is experienced as a moment of well-being and an extremely positive element for health. It is an important need for the development of the newborn

Objectives: To evaluate mothers 'knowledge of newborns' sleep; to determine the characteristics of this population and to know the possible difficulties that they encounter concerning the sleep of their child.

PATIENTS AND METHODS

- Investigation.
- August 2017.
- Eighty woman delivered at the maternity Ibn Tofail.
- Neonatal resuscitation service, MOHAMMED VI University Hospital in Marrakech.

RESULTS

- Thirty five primiparous woman (Figure 1)
- Age ranged between 18 and 42 years
- Level of study of mothers (Figure 2)
- The average sleep duration in the newborn was recognized only by 30% of the women interviewed
- For sleeping position: 54 mums responded by lateral position, while 23.75% responded by dorsal position
- The majority of mothers interviewed did not know at what age a newborn can sleep (Figure 3)
- 61.25% of mothers surveyed knew that it was best to respect the child's sleep.
- Only 40% of the women surveyed were aware of the importance of a sleep ritual.
- 95% of the women surveyed planned to practice shared sleep in the same bed.
- 77.5% of mothers knew that sleep contributes to the development of the child.
- All the women interviewed had expressed their needs for information about the child's sleep.

Figure1: Parity

Figure2: Level of study of mothers

Figure3: At what age can a child sleep at night?

DISCUSSION

- The newborn's sleep differs from that of the adult in terms of the average duration of sleep, the duration of the cycles, the duration of the sleep phases, but also in terms of the rhythm of the cycles and the onset of falling asleep.
- The term newborn needs an average of 16 to 20 hours of sleep a day, divided into a sleep cycle.
- It is best to put a baby on the back, which is a stable position. The ventral position, a factor promoting the occurrence of sudden infant death, would therefore be prohibited. Lateral coating is not recommended due to the instability of the position.
- The first modification concerns the rhythmicity of the sleep-wake cycle, which will go from the ultradian rhythm of 4 hours in the newborn to a circadian rhythm, from 3 months.
- The environment and parental intervention seem to be the most important elements in setting up biological rhythm. To help the child sleep nights, parents can accentuate the day and night signals. It is therefore better to stimulate the child at night, to use a dim light to take care of him, to speak in a low voice and to privilege moments of exchange and games during the day.
- Like breastfeeding, shared sleep can be considered as a natural biological behavior, which requires learning and for which the first days or weeks are often referred to as a so-called "sensitive" period.

CONCLUSION

Following the analysis of our survey, we found that moms had insufficient information about the child's sleep. Hence the need for an education of mothers during pregnancy monitoring or during their stay at the maternity ward.