

Sleep and Depression Rates Among High-Risk Postpartum Women

#003

Okun, M¹; Kohl, V¹

1 – University of Colorado Colorado Springs

Objectives:

Perinatal mood disorders are at an all-time high, especially during the COVID-19 pandemic. They may negatively affect infant emotional and behavioral development. Maternal sleep is a risk factor for postpartum depression. Novel interventions could mitigate postpartum depression (PPD) by improving maternal sleep. The SNOO is a robotic, responsive bassinet that promotes healthy infant sleep, and therefore may result in better maternal sleep quality and greater support.

Methods:

Sleep quality (Pittsburgh Sleep Quality Index), clinical insomnia (Insomnia Symptom Questionnaire), and depressive symptoms (Edinburgh Postnatal Depression Scale) were collected each month for 6 months postpartum from 93 women who all had a history of depression. Mothers were provided the SNOO for 6 months. Since there was no control group, we used the published rate of a ~25% recurrence of postpartum depression as a comparison.

Results:

The sample (N = 93) was 31.1 (4.3) years of age, primarily Caucasian, married, and highly educated. Most women had poor sleep quality and rates of insomnia were high 15% - 21.9% across 6 months postpartum. Rates of depression (EPDS (cutoff >12) were 19.4%, 14.1%, 21.7%, 19.6%, 14.1%, and 17.2%, respectively in months 1-6. Correlations indicate that poor sleep and insomnia were significantly associated with depression scores at all time points (P's <.05).

Conclusions:

While sleep concerns were consistent with published literature, the recurrence of depression in new mothers was lower than expected. This is especially noteworthy since peripartum depression during the pandemic has exceeded 30%. This finding is encouraging but needs to be confirmed comparing SNOO with a control group.

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Disclosures:

Dr. Okun serves as a consultant for Happiest Baby Inc.