

DOMINICAN UNIVERSITY of CALIFORNIA

Scholarly & Creative Works Conference

#10

Presenter: Stephanie Martinez

Room: Guzman Lecture Hall

Faculty Mentor: Deborah Meshel

Session & Time: Poster_II / 1:00 to 1:50pm

Discipline: Nursing

Digital Portfolio URL:

Title: The Impact of Sleep Deprivation on Maternal Decision-Making

Abstract:

Abstract

Purpose

The purpose of this research proposal aims to explore the impact of sleep education in new mothers and their ability to manage sleep deprivation with interventions during the postpartum period.

Methods

This research proposal includes various methods to evaluate the effectiveness of sleep education and mental health screenings in new mothers. The baseline data for sleep quality, postpartum depression, and the new adaptation to motherhood will be collected using the Edinburgh

Postnatal Depression Scale, actigraphy to monitor sleep patterns, and a conduction of cognitive functioning with the Mini-Mental State Examination. After interventions are put into place, follow up data will be collected at 1, 3, and 6 months to evaluate effectiveness.

Results

After sleep education is provided, the findings of this proposal will be expected to be statistically significant and support the hypothesis, demonstrating improvements in both sleep quality and maternal mental health status.

Conclusion

This proposal is expected to demonstrate that sleep education can play a role in improving sleep quality and mental health during the postpartum period. The results from this research are expected to demonstrate that the interventions help new mothers manage sleep deprivation and adapt to motherhood effectively.