

Objectives

Upon completion of this activity, the learner will be able to:

1. Describe characteristics of the sleep experiences of mothers of hospitalized preterm infants.
2. Synthesize findings of the integrative literature review of 17 studies.
3. Formulate a plan of care for a mother of a hospitalized preterm infant, based on assessment of her sleep, to improve sleep and learning and support lactation.

Continuing Nursing Education (CNE) Credit

A total of 1.2 contact hours may be earned as CNE credit for reading "An Integrative Review of the Sleep Experiences of Mothers of Hospitalized Preterm Infants" and for completing an online posttest and participant feedback form.

To take the test and complete the participant feedback form, please visit <http://learning.awhonn.org>. Certificates of completion will be issued on receipt of the completed participant feedback form and any processing fees.

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An Integrative Review of the Sleep Experiences of Mothers of Hospitalized Preterm Infants CNE

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ABSTRACT

Objective: To determine what is known about the sleep experiences of mothers of hospitalized preterm infants.

Data Sources: A literature search of PubMed and CINAHL was performed in February 2018. Additional articles were identified from reference lists.

Study Selection: Whittemore's integrative review methodology was used to synthesize existing literature; 17 articles met eligibility criteria.

Data Extraction: Data were reported in tabular format, including subjects, purpose, setting, interventions, sleep measurements, psychometric instruments, analyses, and results.

Data Synthesis: Overall, sleep is disrupted and of poor quality, and many mothers report insomnia with less total sleep time. Potential beneficial interventions include bright light therapy, relaxation guided imagery, and progressive muscle relaxation.

Conclusion: Although some interventions show promise, there are significant limitations. Future research should consider maternal/infant separation and milk expression.

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KEYWORDS: breastfeeding, bright light therapy, hospitalized infant, insomnia, NICU, preterm, progressive muscle relaxation, relaxation guided imagery, sleep

Sleep is essential for optimal well-being, including short- and long-term health outcomes. Short sleep durations are associated with cardiovascular disease, hypertension,

higher cortisol levels, compromised immune function, depression, and lower health-related quality of life (Consensus Conference Panel et al., 2015). Women's sleep during the postpartum

CLINICAL IMPLICATIONS

- In studies of maternal sleep, most researchers have focused on mothers of healthy term infants, with fewer focusing on mothers of hospitalized preterm infants.
- Mothers of hospitalized preterm infants are stressed, depressed, fatigued, and at risk for poor overall physical and mental health.
- In the studies reviewed, mothers who birthed via cesarean experienced shorter total sleep time and more fragmented sleep compared with women who birthed vaginally.
- NICU nurses are well-positioned to help sleep-deprived mothers of hospitalized preterm infants by assessing maternal well-being and considering factors such as mode of birth, activity level, gestational age, milk expression, and sleep hygiene.
- Although the provision of maternal milk to preterm infants should remain a priority, it is essential that maternal well-being is concurrently addressed and optimized.

period is more fragmented, shorter, and less efficient than before pregnancy (Gay, Lee, & Lee, 2004; Hunter, Rychnovsky, & Yount, 2009; Montgomery-Downs, Insana, Clegg-Kraynok, & Mancini, 2010). Although most women anticipate sleep disturbance in the postpartum period, the impact of poor sleep during this vulnerable time is associated with compromised infant attachment (Tikotzky, 2016), daytime sleepiness (Filtiness, MacKenzie, & Armstrong, 2014), and daytime impairment (McBean & Montgomery-Downs, 2013).

Sleep Among Mothers of Hospitalized Preterm Infants

Postpartum sleep research has focused primarily on mothers of healthy newborns, with much less study of the maternal sleep experience of mothers of hospitalized preterm infants. Women who give birth to preterm infants experience more stress than mothers of healthy infants (Edéll-Gustafsson, Angelhoff, Johnsson, Karlsson, & Mörelus, 2015). A mother of a preterm infant experiences the stress of having a critically ill child, separation from her infant, postpartum hormonal shifts, frequent breast milk expression, and prolonged exposure to artificial lighting in the NICU (Lee & Kimble, 2009). Depression and fatigue negatively influence sleep

In one study, poor perceived sleep quality was associated with maternal anxiety and depression

and are commonly experienced by mothers of preterm infants (Lee, Lee, Aycock, & Decker, 2010; Thomas & Spieker, 2016; Vigod,

Villegas, Dennis, & Ross, 2010).

Beside NICU nurses and other clinicians who care for neonates and their families could overlook the importance of sleep hygiene, which includes healthful behaviors and practices needed for good sleep quality. An improved understanding of the sleep experiences of mothers of hospitalized preterm infants may lead to improved bedside strategies for nurses to educate parents about sleep hygiene.

Literature Review

Rationale

A review of the literature is needed to integrate studies that specifically examined the sleep experiences of mothers with preterm infants (<37 weeks) who are hospitalized. The objectives of this integrative review are to (a) determine what



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