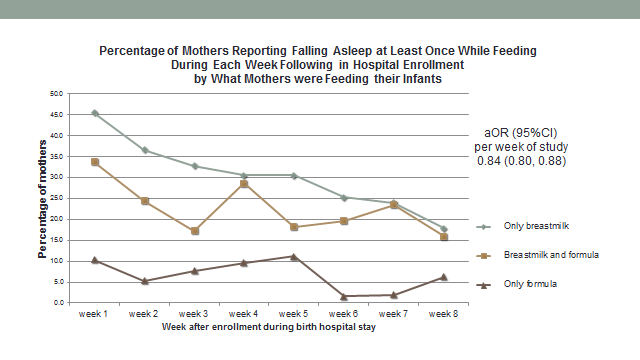
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| Topics: **SIDS/SUID** |
| Type: **Oral or Poster** |
| **Maternal Reports of Falling Asleep While Feeding Their Baby and Associated Characteristics** |
| **Kellams, Ann** 1; **Colson, Eve**2; **Hauck, Fern**1; **Drake, Emily**1; **Corwin, Michael** 3; **Geller, Nicole**3; **Moon, Rachel**1 *1 - University of Virginia. 2 - Yale University. 3 - Boston University.* |

**Introduction:** Healthy infants require frequent feedings. New mothers are tired and are at risk of falling asleep while feeding. Understanding the frequency of falling asleep while feeding infants could inform public health strategies to decrease the risk of sudden unexpected infant death. **Objectives:** To assess the frequency, location, and factors associated with mothers’ report of falling asleep while feeding their infant.

**Material and** **Methods**: The SMART study is a multi-center, randomized controlled trial investigating the effectiveness of hospital and home-based interventions to promote adherence to recommended safe sleep and breastfeeding practices.1600 mothers of newborns are being recruited during the birth hospital stay at 16 hospitals across the US. Eligibility criteria include: English speaking, discharge by three to four days of age, ability to receive text/email messages. Mothers were prospectively queried about feeding and sleep practices once/week for eight weeks after birth via text messaging or email. Questions included feeding method, whether the mother has fallen asleep while feeding, and if so, the location of feeding. GEE models were used to calculate adjusted odds ratios and 95% CI which include the following variables: infant sex, mothers’ age, education, race/ethnicity, income, parity, marital status, feeding method, and week of study

**Results:** 378 mothers completed the 60-day program and responded to at least one of the eight queries (out of 504 eligible mothers, 75% response rate.) 52.4% responded to at least seven out of eight queries. 49.2% answered yes to falling asleep at least once while feeding their infant. The figure below shows the percentage of mothers falling asleep for each feeding type by week since birth. Mothers who reported falling asleep while feeding their infant cited the following locations: adult bed (55%), chair (17%) and sofa (14%).



**Conclusions**: Falling asleep while feeding infants is common among new mothers, especially those who are breastfeeding and have younger infants. These rates decline over time, but remain as high as 20% for breastfeeding mothers at eight weeks. Many episodes occur on unsafe surfaces, including those that are highly hazardous, i.e., chairs and sofas. Understanding maternal nighttime feeding behaviors can inform publichealth safe sleep and breastfeeding campaigns.

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| **CONTACT** | |
| Name: | **Ann** |
| Lastname: | **Kellams** |
| E-mail: | **alk9c@virginia.edu** |
| Country: | **USA - United States of America** |
| Institution | **University of Virginia** |
| Cellphone: | **434-953-6637** |
| City: | **Charlottesville, VA** |