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| Topics: **Stillbirth** |
| Type: **Oral** |
| **Going to sleep in the supine position is a modifiable risk factor for late stillbirth: a multi-centre case-control study** |
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| **Introduction** The Auckland Stillbirth Study reported that women who went to sleep supine or on their right side, the night before the baby was thought to have died, had an increased risk of late (> 28 weeks’) stillbirth. Since our initial publication two further papers have reported increased late stillbirth risk with supine going to sleep position. **Objectives:** To determine whether self-reported sleep position is associated with increased risk of late stillbirth.  **Material and Methods** A multi-centre case control study was conducted in seven large New Zealand centres between February 2012 and Jan 2016. Cases were women with singleton pregnancies and late stillbirth (not due to congenital abnormality or multiple pregnancies) and controls women with ongoing singleton pregnancies, recruited to correspond to the expected gestation and District Health Board of the women with stillbirths. Comprehensive demographic and clinical data were collected by research midwives at interview (median time of 3.3 weeks after stillbirth) and detailed information about maternal sleep practices recorded.  **Results** 169 women with late stillbirths (66% of eligible cases) and 569 women with ongoing pregnancies (62.4% of eligible controls) were recruited.   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Characteristics** | Late stillbirths  N=169 | Controls  N=569 | Univariable OR (95%CI) | Multivariable\* OR (95%CI) | | Age > 40 (years) | 8.9% | 3.5% | 2.91(1.37, 6.17) | 3.20 (1.50, 6.82) | | BMI (kg/m2) | 29.0 (7.5) | 26.4 (6.1) | 1.06(1.03, 2.98) | 1.04 (1.01, 1.07) | | High deprivation | 55.0% | 44.5% | 1.86(1.23, 2.80) | 1.47 (0.87, 2.47) | | Smoking | 21.9% | 11.6 % | 2.14(1.37, 3.34) | 1.44 (0.85, 2.43) | | SGA at birth | 30.2% | 12.3% | 3.8 (2.3, 6.1) | 3.31 (1.96, 5.59) | | **Going to sleep position last night\*** | | | | | | Left | 47.3% | 57.6% | 1.00 | 1.00 | | Right | 27.2% | 32.9% | 1.01(0.67, 1.51) | 0.93 (0.60, 1.43) | | Supine | 11.2% | 3.9% | 3.54(1.83, 6.86) | 3.48 (1.67, 7.27) | | Restless | 8.9 % | 3.9% | 2.80(1.39, 5.63) | 2.19 (0.99, 4.81) | | Propped | 2.4% | 1.6% | 1.82(0.55, 77.9) | 1.14 (0.32, 4.08) | | Unsure | 3.0% | 0.2% | 3.02(1.10, 7.50) | 15.48(1.64, 45.9) |   \*Controlled for, age, ethnicity, BMI, parity, social deprivation level, smoking, gestational age of interview/stillbirth and District Health Board of birth.  The population attributable risk of supine sleep position for late stillbirth was 8.8%.  **Conclusions** We have demonstrated an increased risk of late stillbirth for women who go to sleep in the supine position the night before the stillbirth is presumed to occur that is independent of common demographic risk factors. This finding confirms previous reports. It may be timely to develop public health messages advocating that women should not settle to sleep supine in late pregnancy. |
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