How does co-sleeping affect infant sleep?

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Introduction

• A sleep scenario is where an infant sleeps, whether it be in their own room or shared with a parent or sibling.
• Nightly parent interventions include constant check-ups and physical touch.

Objective

• To examine whether factors such as sleep settings disrupted sleeping patterns.

Participants

• All participants were part of a larger study about sleep and motor development.
• We noticed there were different sleeping patterns:
  - 5 infants slept in their own room,
  - 1 shared a room with an older sibling,
  - 3 slept in a crib in their parent’s room.
• We examined 2 case studies, comparing infants from 3 – 9 months old.

Methods

• A Nanit Home Baby Monitor recorded activity during the night.
• Nanit provided sleep parameters such as sleep onset, wake time, nightly wake episodes, sleep duration, and sleep efficiency.

Results

• Nightly infant sleep data was averaged across months.

Conclusion

• Infants who slept with their parents had increased parental interventions resulting in more disruptive sleep.
• Despite parental influence, both infants experienced several wake episodes throughout their sleep due to milestone acquisition.

Limitations and Future Directions

• Small sample size
• Will look at videos of nightly sleep to learn more about parent interactions.

References


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