

Study for Sleeping Habit of Japanese Pregnant Women in Late Pregnancy

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Abstract:

In modern society, women in a range of 30 to 40-year-old marks the highest rate of birth and their employment rate shows a tendency to increase. This study aims to reveal the actual condition of sleeping habits of pregnant women in their late pregnancy and how the habits can be different when they are working or not. Of all the subjects participated in the study, 112 subjects were selected for the statistical analysis. The Average age and pregnancy week of the subjects were 34.7 ± 4.8 years old and 31 week and 4 days ± 1.2 week, respectively. Out of 112 subjects, there were 61 working pregnant women (54.5%) and 51 non-working pregnant women (45.5%). As a result, the average bed-in time and bed-out time was $23:52 \pm 01:07$, and $7:11 \pm 00:58$, respectively. The average sleep latency was 18 ± 11 minutes. The average after sleep onset count and time was 25.7 ± 9.4 , and 45.4 ± 17.7 minutes, respectively. The sleep efficiency was $82.6 \pm 8.2\%$, and the average sleeping hour was 6 hours and 9 minutes ± 57 minutes. Subjects employment condition did not make any difference in sleeping habits nor lifestyle of women, except their eating habits. The results indicate that the sleeping habits of women today is similar to that of women of the same age group in general.

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