

Project SIESTA: Study of Infants' Emergent Sleep Trajectories

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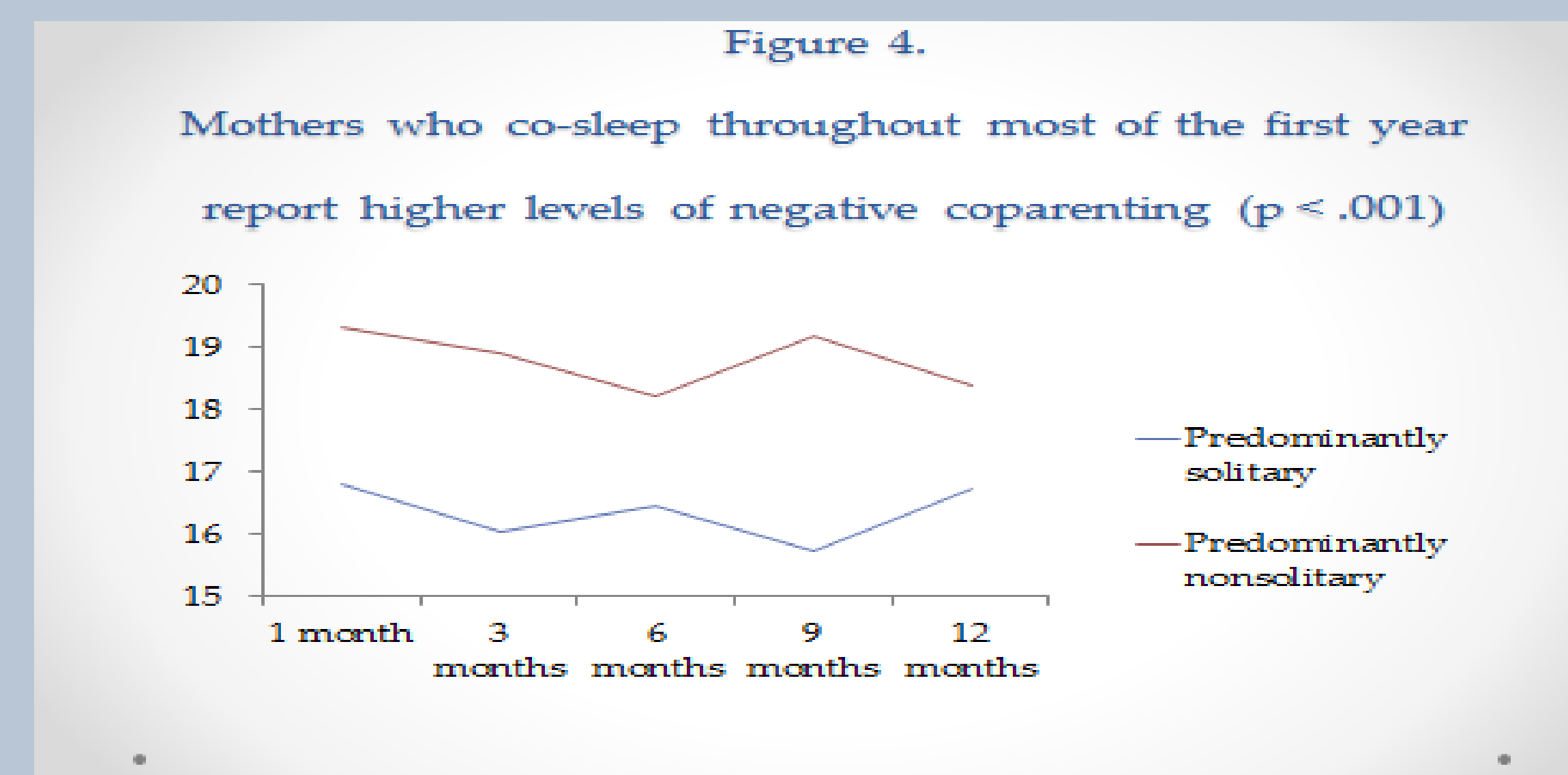
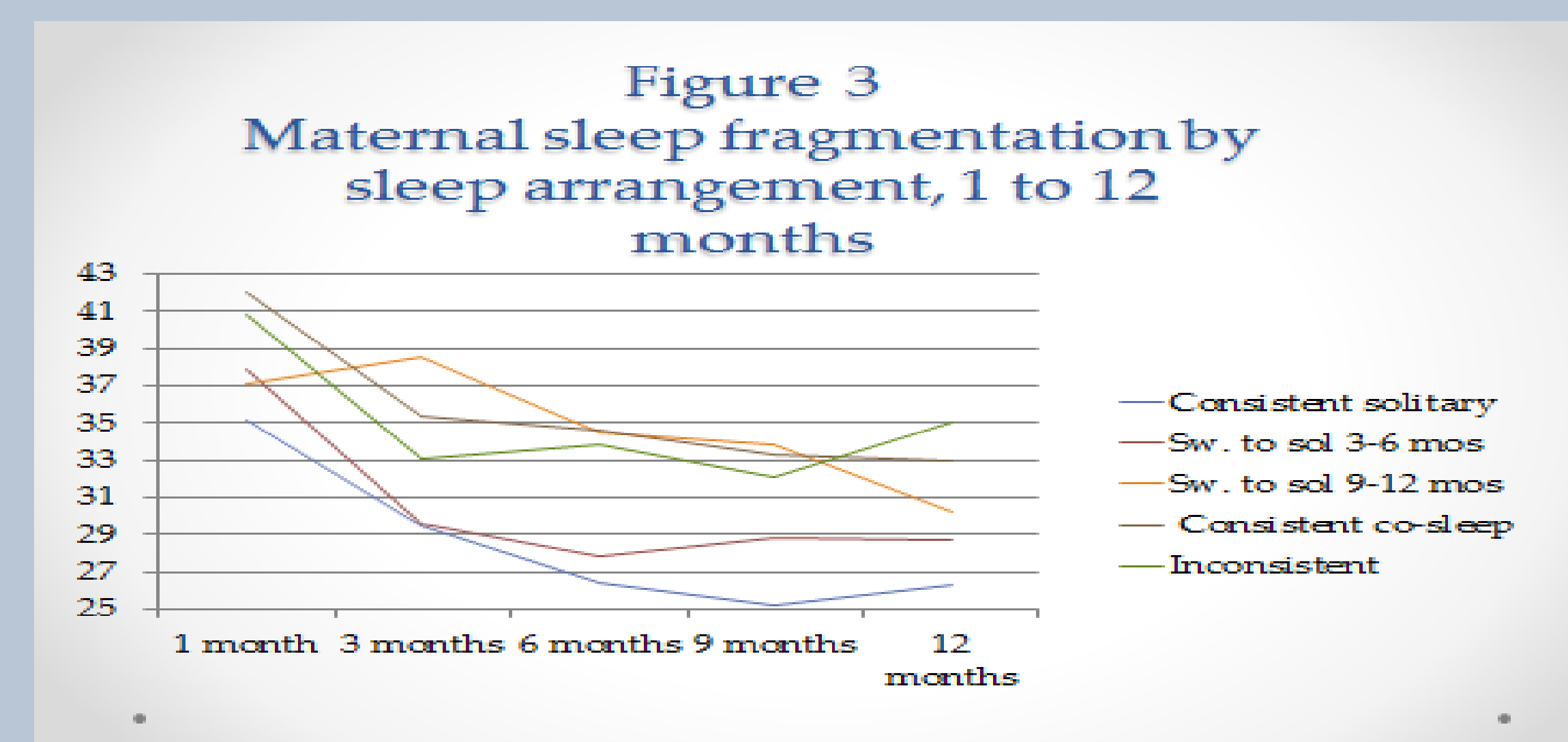
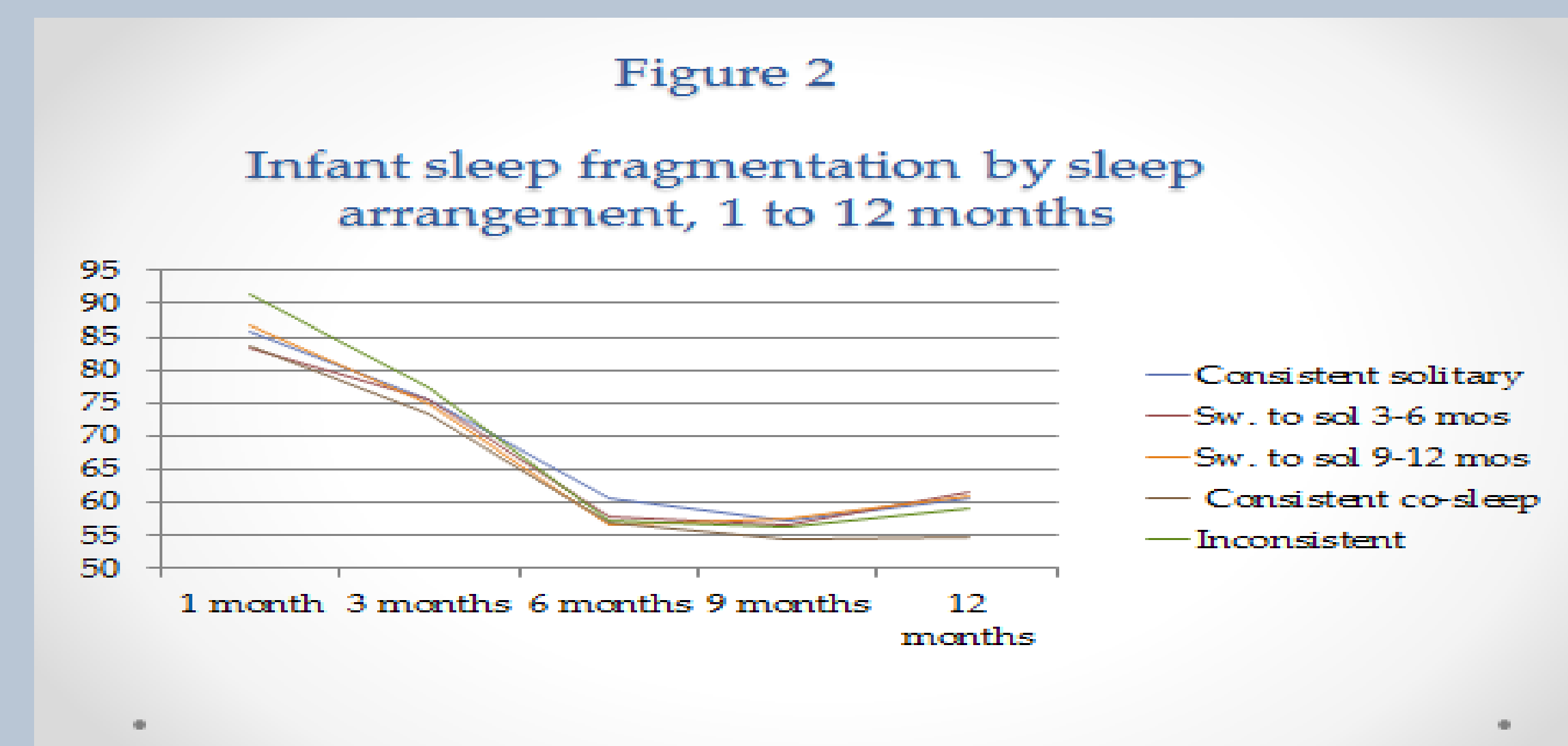
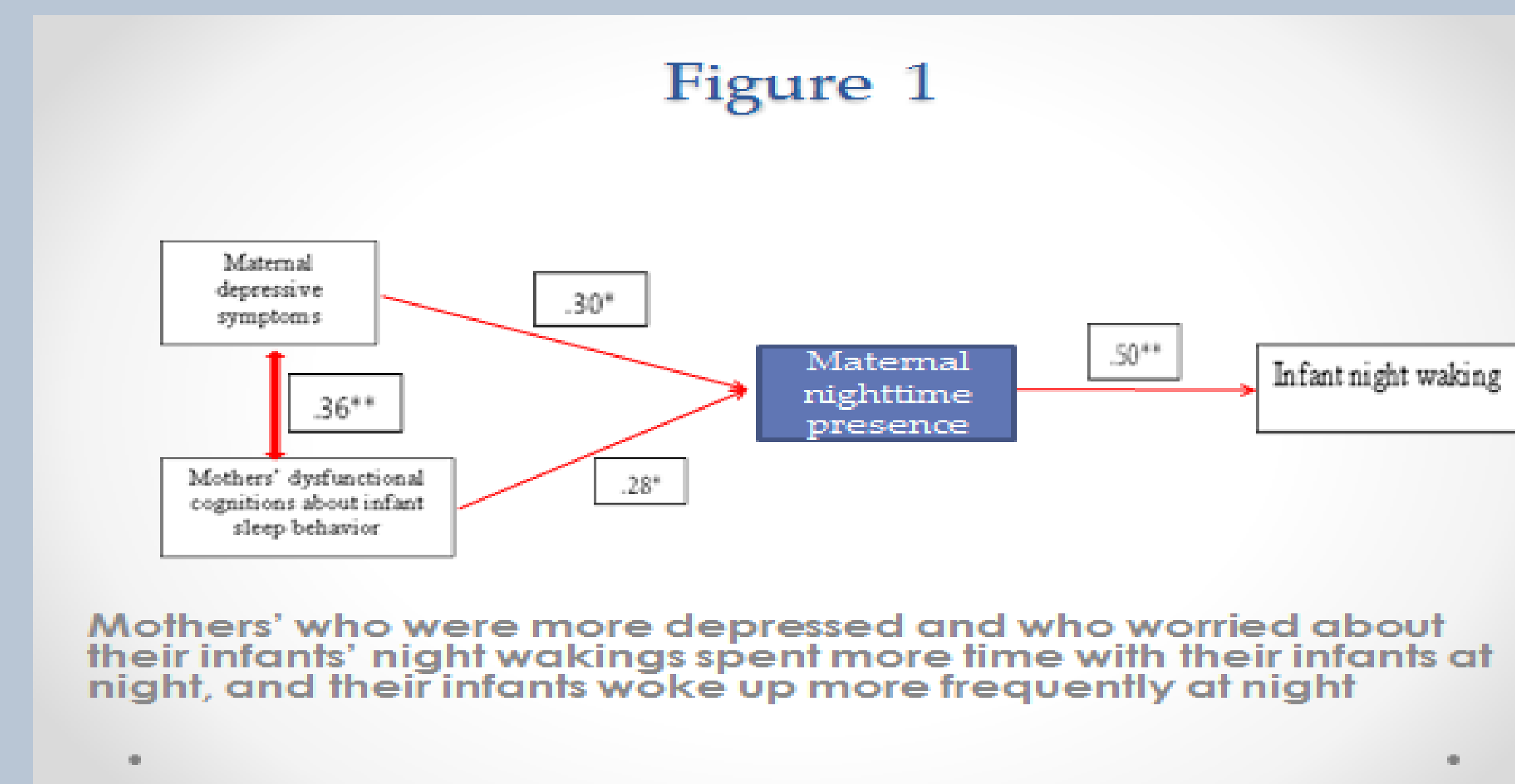
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Introduction

Project SIESTA is a study of parenting at bedtime, infant sleep, and infant development. 167 infants and their families were studied when infants were 1, 3, 6, 9, 12, 18, and 24 months old.

Major findings:

1. Bedtime parenting that was sensitive and well-structured was associated with better infant sleep during the night.
2. Compared to nondistressed mothers, mothers who were more depressed and who worried a lot about their infants at night spent more time with their infants during the night, and their infants woke up more frequently (see Figure 1)
3. Regardless of whether infants slept alone or with their parents, from 1 to 12 months, infant sleep became less and less fragmented. By 6 months many (but not all) infants were “sleeping through the night” (not crying for their parents at night (see Figure 2)
4. But, mothers who co-slept with their infants woke up more during the night than mothers who slept separately from their infants (see Figure 3). Fathers' sleep was not affected at all.
5. Mothers who co-slept with their infants throughout most of the first year reported more negative coparenting with their partners than mothers of infants who slept separately.
6. Mothers who reported poor coparenting when their infants were 1 month old were more likely to be sleeping with their infants by 6 months, compared to mothers who reported good coparenting at 1 month.



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