Massey recruiting pregnant women for sleep research

For some women the change is quite profound."

The project, which includes filling in two questionnaires and answering questions during a phone interview, will help figure out what may be an acceptable, normal amount of sleep change and what would be an extreme change of sleep."

"Sleep affects a lot of our life. We know there are real consequences when people experience poor sleep," says Ms Sweeney.

Capacities to think and solve problems can for example be affected.

This three-year project is the third one the Sleep/Wake Research Centre has run about pregnant women's sleep.

The first study showed that women have their poorest sleep just before and after delivering their baby. Ms Sweeney says.

A feasibility study was then run in 2007, and the team received fundings in 2009 to start the current large-scale study.

"The past 6 months were very busy scoping the project and getting ethical approval," says Ms Sweeney.

Researchers from Otago University and the University of California are also collaborating on this project.

The recruitment is done through midwives, clinics, child birth classes, posters, advertisement and word of mouth.

Eighty women have been recruited so far, but the team will be looking for more candidates until the beginning of 2011.

"We don't need to meet them and they can do their survey in their own homes," says Ms Sweeney.

The team will start analysing data early next year.