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GOALS

Develop an intervention to help postpartum mothers improve their sleep, diet, and physical activity.

PEEL STUDY

Thank you for taking part in the PEEL study! 21 moms were asked about their sleep, diet, and physical activity after childbirth. They also talked about their interest in an intervention to support each of these behaviors. Here are the main take away messages from the interviews.

SUMMARY

- New moms said they need trustworthy sources to get information for them and their families. Some examples of trustworthy sources are other moms, family, pediatricians, other health professionals.
- Moms found it hard to find time for exercise. They often did not have enough energy to exercise. However, many moms said they slept better and felt better during the day if they did exercise.
- Most moms hoped to get at least 6 hours of uninterrupted sleep, but found it hard. They felt getting good sleep is out of their control.
- Many new moms believe that they need more support to make sure that their baby is okay to get good sleep. Worry about their child make it hard to sleep and focus on their needs.
- Most moms liked the idea of an intervention to help sleep, exercise, and eat better.