



Information about the survey:

- The average new mum gets approximately 4 hours uninterrupted sleep per night.
- 65% of new mums say that they get between 2 and 5 hours of uninterrupted sleep per night.
- However, 15% more mums actually get a semi-decent (5 hours or more) night’s sleep than they anticipated before the birth, with nearly 1 in 4 mums actually reporting they average 5 or more hours uninterrupted sleep per night.
- From survey “Sleep I – Expectations to Reality”:
 - On the positive side 30% more babies are reported as ‘Very Good Sleepers’ compared with expectations before they are born.
 - However, 10% are poorer sleepers than expected.

- Work that mums from our panel contributed to for Tomy, the baby products company, showed that more than 3 in 10 women say that they lose the equivalent of 2 months sleep in baby's first year.

Useful Links (see the 'more info' tab for all links)	
Link Type	Website Address
Advice, info and coping with sleep loss	www.babycentre.co.uk/baby/sleep/
Sleeping - Information	www.ahealthyme.com/topic/sleepdeprive
Sleep Loss Study	www.telegraph.co.uk/news/main.jhtml?xml=/news/2007/03/29/nsleep29.xml
Articles and Info on Sleep	www.naturallynurturing.co.uk/sleep.html
Articles on sleep	www.having-a-baby.com/article.htm
Articles and advice	www-t.babyzone.com/mom_dad/womens_health/sleep_mom/a1106
Sleep Guide based on MumsViews Sleep Surveys conducted for Tomy	www.tomy.co.uk/sleep/

Survey Stats	
Date of survey	February 2007
Number of mums surveyed	1159
Type of mums surveyed	327 pregnant women; 832 mums with a child age 0 – 12 months