

Indirect associations between infant sleep, parental sleep, and sexual well-being in new parent couples

Mackenzie et al. (2022)

How does your newborn's quality of sleep affect parental sleep, and what implications do these effects have on parental sex?

Method

203 couples, most heterosexual, white, and Canadian, were recruited in this study 18 - 24 weeks into pregnancy with their first child.

Surveys were administered online over the course of 1 year following birth measuring the quality of the infants' and the parents' sleep, and the parents' sexual frequency and desire



Results showed that...

Parents with infants experiencing poorer sleep had poorer sleep themselves, and as a result reported less sex, and less desire to have sex, most of which is due to poorer sleep in the mother.

In Summary...

the findings of this study demonstrate that a new indicator of sexual desire and frequency is revealed when considering how well the new baby is sleeping. Such findings suggest intervention and assessment of the sleep quality of infants to facilitate smooth transitions into parenthood.

