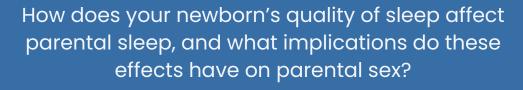


Indirect associations between infant sleep, parental sleep, and sexual well-being in new parent couples

Mackenzie et al. (2022)



## 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...

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

