

Investigation of Sleep Environments in Japanese Healthy Infants

Ineko Kato¹, Kotaro Ichikawa², Hajime Togari³

1. Department of Perinatal Medicine, Mie University Graduate School of Medicine, Mie, Japan

2. Pediatrics Emergency Center, Kitakyusyu City Yahata Hospital, Fukuoka, Japan

3. Kinjo Gakuin University, Nagoya, Japan

Introduction

To reduce the incidence of SUID (Sudden Unexpected Infant Death), supine sleep position, avoiding soft bedding, keeping soft objects and stuffed toys out of the baby bed, room sharing, prohibition of smoking, alcohol, or drug during pregnancy and after delivery, breast feeding, and using pacifier are recommended in many countries. The purpose of this study is to investigate the sleep environments of Japanese healthy infants in order to adapt the recommendations given to new parents about sudden infant death risks taking into account the different cultural settings.

Material and Methods

Questionnaire on infant sleep environment was carried out between November 2017 and March 2018 for the mothers with the babies from 7 months up to 18 months old who visited pediatric units of three hospitals in Japan. The questionnaire includes type of feeding, type of beddings, room sharing, use of pacifier, brightness of the baby's sleeping room, co-sleeping at the age of 1-2 months, 3-6 months, after 7 months old.

The questionnaire is anonymous and participation to the study is voluntary. The study protocol was approved by the ethical committee in each hospital.

Results

Totally 318 responses for the questionnaire were analyzed. A half of the babies was breast-feeding and one third was bottle-feeding. Almost two third of the babies sleep in the same room with parents, one third sleep in the same room only with mother. No baby sleeps in the independent room. At the age of

1-2 months, approximately, 55% of the babies sleep in the baby bedding, 45% was in the adult bedding. At the age of 3-6months old, approximately, 45% of the babies sleep in baby bedding and 45% in adult bedding. After 7months old, one third was in baby bedding and two third was in adult bedding. The rate of co-sleeping was less than 30% at the age of 1-2 months, and increased according to baby's age, up to almost 55%. Pacifier use was not common in Japan.

Conclusions

In Japan, the ratio of co-sleeping tended to increase according to the baby's age. These results seemed that most of parents take care of their babies thinking about the physical development of the baby.

The reason why pacifier was not used commonly is that pacifier use considered to disturb breast-feeding or to cause the alignment of the teeth.