

# National Sleep Trends Report

May 2017

How Moms In America Sleep



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# How Moms In America Sleep

Sleep deprivation is an inevitable part of having children, and it has long been assumed that mothers carry the brunt of this exhaustion. With this hypothesis in mind, we conducted a survey paired with true sleep data analysis to prove whether parenthood affects sleep or not, and if it does to what extent.

Our analysis found that on average, moms are faced with the most sleep challenges. Even though they get more sleep time than any other group, they are earlier risers and they also face more frequent sleep interruptions and experience more trouble falling asleep. Mothers with kids that wake up in the night also see a decrease in their percentage of deep sleep per night.

## Data Collection

Eight surveyed over 1,000 men and women to study how parenting affects sleeps. Parents in the U.S. ages 25 and up were asked close-ended questions, ranging from what time they fall asleep to how well-rested they feel during the day. Their responses were analyzed in correlation with the sleep data collected from Eight's Sleep Tracker and Smart Mattress which measure over 12 sleep data points including average time asleep and amount of toss and turns per night.

True data metrics such as time slept – the time elapsed between when a person falls asleep and wakes up – were used to calculate sleep quantity. Sleep score was one of the metrics used to compare sleep quality. The sleep score is a proprietary metric developed by Eight, a score that ranges from 0 to 100 which rates an individual's sleep each night.

## Findings

### **Sleep Quality**

The research found that women with children report having the lowest quality of sleep and have the most trouble falling asleep.

Moms were less likely to report their sleep as restful, with only 13% of moms saying their sleep quality is “good” compared to 46% of dads. This shows that although moms sleep more, they feel more tired during the day. This can be attributed to the fact that moms have more trouble falling asleep, with 10% saying they “always” have trouble falling asleep” and 16% saying “often”, compared to 7% and 12% of fathers respectively.

	<b>Sleep quality rated “good”</b>	<b>Have trouble falling asleep “always”</b>
<b>Mother</b>	13%	10%
<b>Father</b>	46%	7%
<b>Female; no children</b>	44%	6%
<b>Male; no children</b>	45%	5%

Figure 1- Sleep Quality: This table shows the percentage of participants by group who “always” have trouble falling asleep and who rate their quality of sleep as “good”.

Women with children report getting up in the middle of the night more often than men with children.

17% of moms report “always” getting up in the middle of the night, compared to 11% of dads. 30% of moms report getting up in the night “often” compared to 24% of dads.

	<b>“Always” wake up in the night</b>	<b>“Often” wake up in the night</b>
<b>Mother</b>	17%	30%
<b>Father</b>	11%	24%
<b>Female; no children</b>	9%	26%
<b>Male; no children</b>	6%	19%

Figure 2- Sleep interruptions: This table shows how often moms and dads report waking up at night compared to women and men without children.

Children waking up in the middle of the night impact the percentage of deep sleep that mothers get on average per night. A healthy person’s deep sleep average per night is 18 to 25%.

Moms with kids who wake up twice per night present a lower average deep sleep percentage than dads in the same situation: 21% vs. 24%. Moms with kids that wake up every other night also show a lower deep sleep percentage than dads in the same situation: 19% vs. 23%.

As a reference point, parents who report that their kids never wake up have very close percentages of deep sleep: 23% for dads, 24% for moms.

	<b>Deep sleep % with children waking up twice per night</b>	<b>Deep sleep % with children waking up every other night</b>	<b>Deep sleep % with children never waking up</b>
<b>Mother</b>	21%	19%	24%
<b>Father</b>	24%	23%	23%
<b>Female; no children</b>	-	-	23%
<b>Male; no children</b>	-	-	23%

Figure 3- Kids and deep sleep: This table shows how kids' sleep interruptions affect a mother's deep sleep.

When measuring sleep quality with Eight's sleep score, moms got a higher sleep score than dads. However this is largely influenced by the fact that moms, and women in general, sleep more than men – and the time slept is a factor in calculating the sleep score metric.

**Average sleep score for moms: 73**  
**Average sleep score for dads: 70**

	<b>Avg. Sleep Score</b>	<b>Avg. Time Slept</b>
<b>Mother</b>	73.09	7 hrs 34 min
<b>Father</b>	70.46	7 hrs 17 min
<b>Female; no children</b>	72.12	7 hrs 23 min
<b>Male; no children</b>	69.25	7 hrs 3 min

Figure 4- Sleep score: This table shows the average sleep score and time slept for men and women with and without children.

## Sleep Quantity

When comparing sleep quantity for women and men with and without children, we found that women with children sleep the most. They sleep longer than any other group analyzed with an average of 7 hours and 34 minutes per night.

However, this finding was not considered unique to moms, given that females in general sleep more than men. Women with no children sleep an average of 7 hours and 23 minutes while men with no children only sleep an average of 7 hours and 3 minutes.

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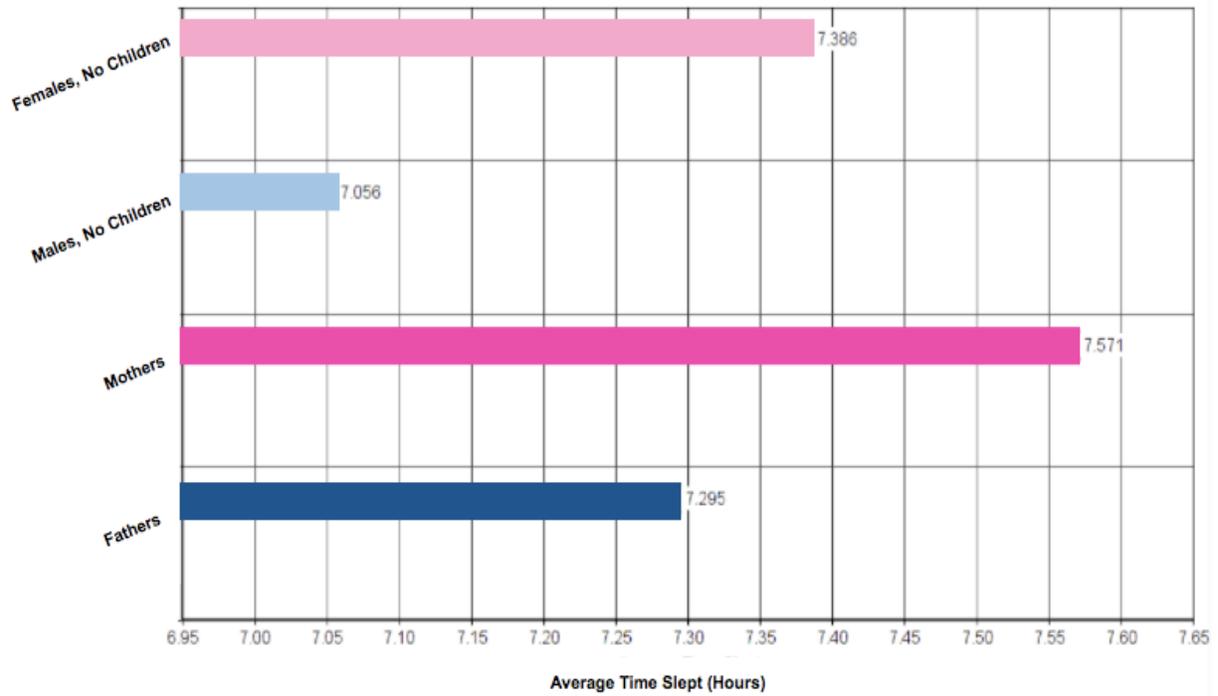


Figure 4 - This graph shows the duration of sleep for men and women with children and without.

**Average sleep time for moms:** 7 hours and 34 minutes  
**Average sleep time for dads:** 7 hours and 17 minutes

	<b>Avg. Time Slept</b>
<b>Father</b>	7 hrs 17 min
<b>Mother</b>	7 hrs 34 min
<b>Male; no children</b>	7 hrs 3 min
<b>Female; no children</b>	7 hrs 23 min

Figure 5 - Sleep Quantity: This table shows the average time slept for men and women with and without children.

The wakeup times of each group also differ. On average, the majority of moms surveyed wake up earlier on weekdays than any other group.

70% of moms report waking up between 5 and 7 am, compared to 67% of dads and just 53% of women and men with no children.

	<b>Wakes up between 5-7am</b>	<b>Wakes up between 7-8am</b>
<b>Mother</b>	70%	21%
<b>Father</b>	67%	17%
<b>Female; no children</b>	53%	29%
<b>Male; no children</b>	53%	26%

Figure 6- Wakeup times: This figure shows on average what percentage of each group wake up at the earliest times.

### Impact of number of children

The number of children per person had no significant effect in the quantity of sleep or sleep score.

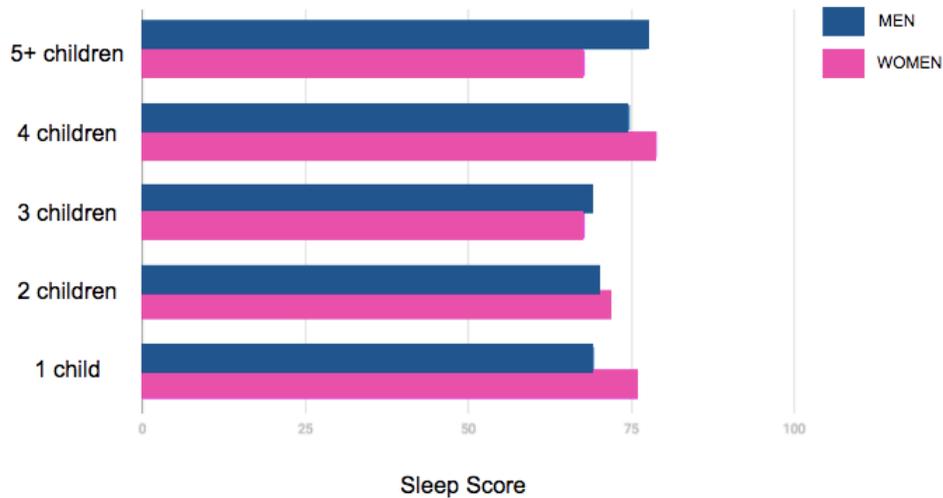


Figure 7 – Sleep score by number of children: This chart shows the average sleep score for men and women according to how many children they have.

### Impact of help at home

The study concluded that having help at home did not significantly impact the amount of sleep moms or dads get each night. For every type of help at home, moms had more sleep than dads, however the trend is reverted for participants with help coming from a “family member that’s not my partner,” where moms slept less than dads.

<b>Help at home</b>	<b>Time slept (Moms)</b>	<b>Time slept (Dads)</b>
<b>None</b>	7 hrs 30 min	7 hrs 16 min
<b>Occasional Nanny</b>	7 hrs 29 min	7 hrs 12 min
<b>Full-time Nanny</b>	7 hrs 32 min	7 hrs 16 min
<b>Maid / Housekeeper</b>	7 hrs 52 min	7 hrs 23 min
<b>Family member that is not partner</b>	6 hrs 20 min	7 hrs 29 min

Figure 8 - Help at home: This table shows how long moms and dads sleep according to the type of help they have at home.

## Conclusion

The figures in this report are based on survey data and sleep data collected from over 1,000 participants and compiled using Eight's sleep tracking technology, which tracks time slept, toss and turns, deep and light sleep, heart and respiratory rate, and more. The sleep data was analyzed with responses from a detailed user survey. The results of the study showed that women with children sleep longer than men with children, however they face more challenges with their sleep. They are less likely to report their sleep as "good", have more trouble to fall asleep, and wake up at night more frequently. In families where kids wake up in the night, mothers' sleep suffers more than that of dads', with their amount of deep sleep decreasing. Other factors were also considered, including the amount of children participants have and the type of help the parent has at home, if any. These factors did not significantly impact the overall sleep quality and time slept. The conclusions from this report provide new insights into how parenthood affects sleep.