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Evening snacking in relation to self-reported declines in sleep quality during pregnancy: preliminary results from the Decision-Making, Eating, and Weight Gain during pregnancy (DEW) Study

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Objective

To examine the association between changes in sleep quality from pre-pregnancy and evening snacking.

Methods

The DEW study enrolled women who were 18+ years old, pregnant with singleton gestation <36 weeks, English speaking, with pre-pregnancy body mass index (BMI) 18.5-40kg/m², with plans to deliver at UMMHC

Women reported sleep as being “about the same”, “a little better”, “a lot better”, “a little worse”, or “much worse” as compared to 3 months prior to pregnancy; changes in sleep quality were categorized as “worse” or “same/better”

Women completed three 24-hour dietary recalls (2 weekdays, 1 weekend day).

Evening snacks were defined as eating occasions after dinner but before an hour after usual bedtime during which something other than water was consumed

Fisher’s Exact tests and t-tests provided comparisons for evening snacking (yes/no), number of snacks, and energy intake from snacks

Conclusions

Declines in sleep quality during pregnancy may be linked to evening calorie intake. More research is needed to understand the role of sleep quality, eating behavior, and weight gain during pregnancy.

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