The Experience of Pregnant Women with Poor Sleep Quality: A Qualitative Study

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1. Background

Between 38.2% and 69.6% of pregnant women experienced sleep problems. Empirical research showed that poor sleep quality during pregnancy not only increased the risk of complications for women but also posed a threat to fetal health.

2. Objective

To understand the experiences of pregnant women with poor sleep quality and to further analyze the physiological, psychological, and related factors influencing these experiences and their implications.

3. Methods

We conducted one-on-one, semi-structured interviews with 9 pregnant women at a medical clinic in a hospital in southern Taiwan to identify the factors contributing to poor sleep quality during pregnancy.

4. Results

Four themes emerged from the qualitative data analysis:

1. Experiencing uncomfortable symptoms during pregnancy due to physiological changes, such as nausea, vomiting, frequent urination, lower back pain, heartburn, breathlessness, and dizziness.

2. Psychological changes leading to negative emotions, including anxiety, depression, and stress

3. Notable changes in sleep quality during pregnancy

4. Active efforts to improve sleep quality
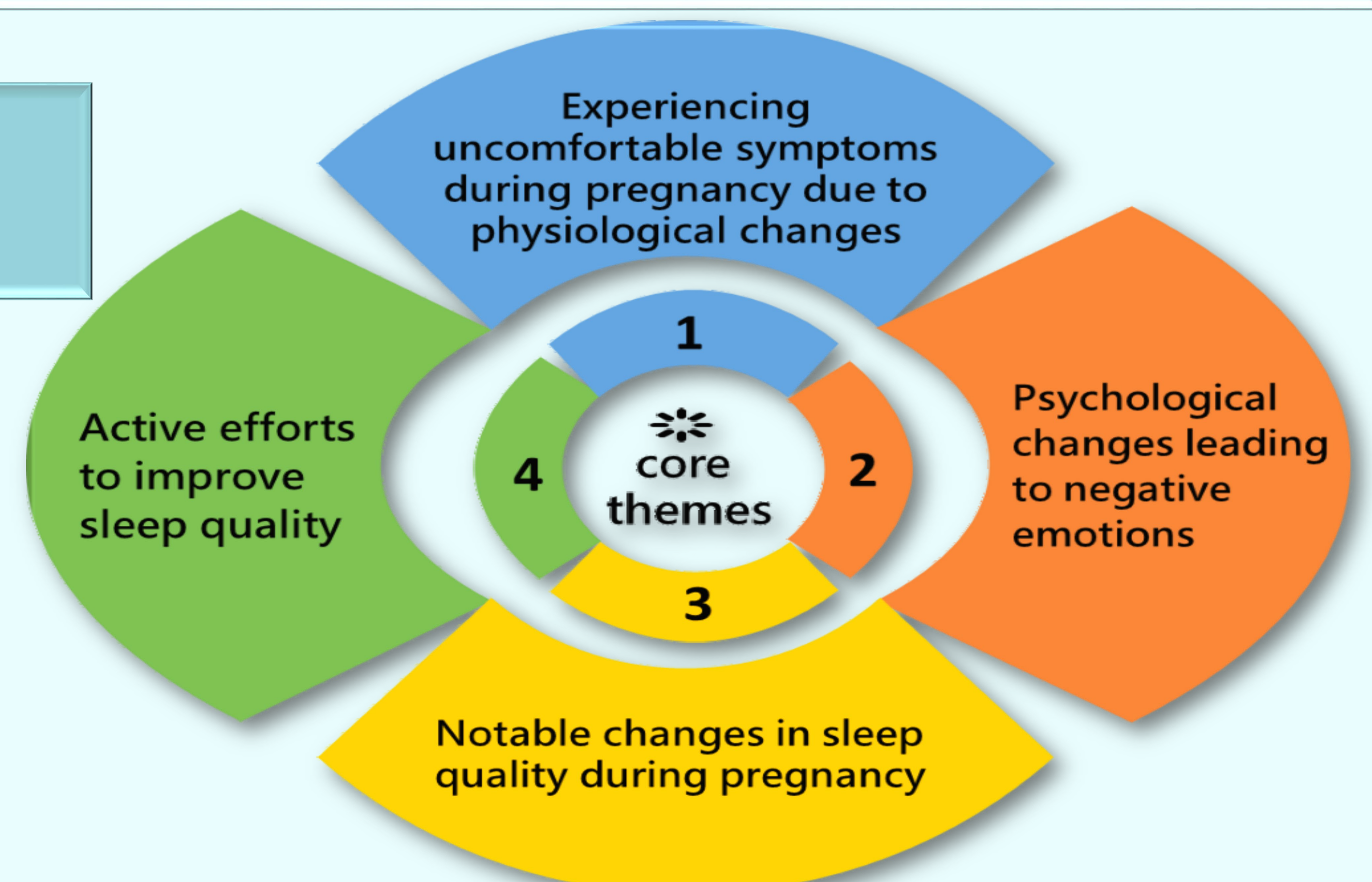
Factors and Pathways Affecting Poor Sleep Quality in Pregnant Women

5. Conclusions

This study presents empirical methods for improving sleep quality during pregnancy, aiming to achieve better health outcomes for both mothers and babies. Currently, prenatal clinics do not offer sleep quality assessments. Therefore, we propose the development of a "Clinical Guidelines for Assessing and Managing Sleep Quality During Pregnancy," with the hope that it will be integrated into prenatal care in the future. Sleep quality during pregnancy is influenced by multiple factors. We recommend a range of intervention measures and strategies to provide individualized care, which can enhance sleep quality for pregnant women.

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