

Chapter 8. Sleeping Arrangement

Table 8.1. Percent of babies sleeping at night at each longest interval without waking by infant age or survey month¹

Infant Feeding Practices Study II

	Infant age			Survey month			
	2 weeks	1 month	2 months	3	6	9	12
<2 hours	43.9	14.6	2.9	1.00	0.48	0.42	0.45
3 to 4 hours	47.4	55.4	30.1	14.11	11.38	9.71	6.60
5 to 6 hours	6.8	23.9	41.7	35.96	23.90	21.24	16.44
7 to 8 hours	1.5	4.9	17.9	24.71	23.47	19.78	16.33
>=8 hours	0.4	1.2	7.5	24.23	40.77	48.86	60.18
Total (%)	100	100	100	100	100	100	100
N	2,278	2,281	2,282	2,311	2,092	1,926	1,788

¹ Table is based on variables: M3H1A2W, M3H1A1M, M3H1A2M, M3H1ANW, M6H1, M9H1, MWH1

<http://www.cdc.gov/ifps>



Table 8.2. Percent of mothers laying their baby down for naps most often in each position by infant age or survey month¹

Infant Feeding Practices Study II

	Infant age			Survey month			
	2 weeks	1 month	2 month	3	6	9	12
Side	17.1	16.0	13.0	12.6	13.9	17.3	16.1
Stomach	4.8	8.7	13.8	15.7	17.7	19.4	20.3
Back	78.2	75.3	73.2	71.7	68.5	63.3	63.6
Total (%)	100	100	100	100	100	100	100
N	2,316	2,308	2,305	2,313	2,089	1,925	1,786

¹ Table is based on variables: M3H1B2W, M3H1B1M, M3H1B2M, M3H1BNW, M6H2, M9H2, MWH2

Table 8.3. Percent of mothers laying their baby down most often for sleeping at night in each position by infant age or survey month¹

Infant Feeding Practices Study II

	Infant age			Survey month			
	2 weeks	1 month	2 month	3	6	9	12
Side	16.4	15.5	12.8	12.2	13.1	16.4	15.7
Stomach	4.8	7.6	11.6	13.7	16.2	17.9	18.4
Back	78.8	76.9	75.6	74.0	70.7	65.7	65.9
Total (%)	100	100	100	100	100	100	100
N	2,310	2,303	2,299	2,307	2,088	1,923	1,782

¹ Table is based on variables: M3H1C2W, M3H1C1M, M3H1C2M, M3H1CNW, M6H3, M9H3, MWH3

Table 8.4. Percent of babies who usually slept at night in their mother's room or in a different room by infant age or survey month¹

Infant Feeding Practices Study II

	Infant age			Survey month			
	2 weeks	1 month	2 month	3	6	9	12
In mother's room	85.2	81.0	70.7	62.7	44.9	34.0	28.7
In a different room	14.8	19.0	29.3	37.3	55.1	66.0	71.3
Total (%)	100	100	100	100	100	100	100
N	2,312	2,308	2,306	2,311	2,088	1,921	1,783

¹ Table is based on variables: M3H1D2W, M3H1D1M, M3H1D2M, M3H1DNW, M6H4, M9H4, MWH4

Table 8.5. Percent of babies who usually slept on each surface at night by infant age or survey month¹

Infant Feeding Practices Study II

	Infant age			Survey month			
	2 weeks	1 month	2 month	3	6	9	12
Bassinet	50.1	43.7	34.1	26.9	8.1	1.5	0.6
Crib	19.6	25.3	37.4	47.7	72.0	81.0	82.5
Co-sleeper (attaches to mom's bed)	3.1	3.0	2.6	2.5	1.5	0.9	0.6
In bed or other place with the mother	20.5	21.1	18.7	16.7	14.4	13.8	13.2
In something else	6.8	7.0	7.2	6.2	4.0	2.8	3.2
Total (%)	100	100	100	100	100	100	100
N	2,323	2,314	2,314	2,319	2,093	1,925	1,787

¹ Table is based on variables: M3H1E2W, M3H1E1M, M3H1E2M, M3H1ENW, M6H5, M9H5, MWH5

Table 8.6. Percent of mothers who lay down with or slept with their baby at night by infant age or survey month^{1, 2}

Infant Feeding Practices Study II

	Infant age			Survey month ³			
	2 weeks	1 month	2 Month	3	6	9	12
Yes, with the baby in a co-sleeper	5.1	4.2	3.5	3.3	1.8	1.1	0.8
Yes, in a bed	49.3	52.3	49.4	47.4	36.7	35.4	31.3
Yes, in a water bed	1.1	1.0	0.9	0.9	0.7	0.6	0.7
Yes, on a mattress on the floor	1.0	1.1	1.3	1.2	1.6	2.4	1.8
Yes, on a couch or other place that is not a bed	17.9	16.8	14.3	12.4	6.2	6.3	5.7
No	34.9	34.4	38.5	40.5	58.4	59.5	63.3
N	2,276	2,283	2,261	2,242	2,080	1,922	1,787

¹ Table is based on variables: M3H1F2W1-6, M3H1F1M1-6, M3H1F2M1-6, M3H1FNW1-6, M6H6A-F, M9H6A-F, MWH6A-F

² Column percentages do not add up to 100% because mothers could choose all that apply

³The month 3 questionnaire asked about ever having this practice at 2 weeks, 1 and 2 month, and now; whereas the month 6, 9 and 12 questionnaires only asked about such practice in the past 4 weeks of each survey

Table 8.7. Percent of mothers who usually had the baby with them all night or part of the night by infant age or survey month¹, among mothers who ever lay down with or slept with their baby at night at month 3 survey or in the past 4 weeks at month 6, 9 and 12 survey

Infant Feeding Practices Study II

	Infant age			Survey month			
	2 weeks	1 month	2 month	3	6	9	12
All night	44.3	37.1	31.7	31.1	34.9	33.0	34.3
The first part of the night only	8.2	9.9	9.6	8.4	10.3	12.9	14.7
The last part of the night only	22.2	29.3	38.2	40.2	43.4	41.6	37.8
Several short times throughout the night	25.4	23.7	20.6	20.3	11.4	12.5	13.3
Total (%)	100	100	100	100	100	100	100
N	1,412	1,429	1,313	1,233	871	782	654

¹ Table is based on variables: M3H1G2W, M3H1G1M, M3H1G2M, M3H1GNW, M6H7, M9H7, MWH7

Table 8.8. Percent of mothers who usually lay down or slept together with their baby for each number of nights per week by infant age or survey month¹, among mothers who ever lay down with or slept with their baby at night at month 3 survey or in the past 4 weeks at month 6, 9 and 12 survey

Infant Feeding Practices Study II

	Infant age			Survey month			
	2 weeks	1 month	2 month	3	6	9	12
Baby did not usually lie down or sleep with his/her mother	11.7	8.9	12.2	16.6	5.3	5.9	7.1
<1 night a week	7.8	10.0	13.0	16.6	10.4	11.1	12.3
1 to 2 nights	11.8	15.5	15.2	12.9	17.6	18.9	17.2
3 to 4 nights	12.6	13.8	12.0	9.2	14.2	14.9	12.3
5 to 6 nights	11.1	10.1	9.5	8.1	10.5	9.6	9.0
7 nights per week	44.9	41.8	38.1	36.6	42.1	39.6	42.1
Total (%)	100	100	100	100	100	100	100
N	1,545	1,526	1,445	1,442	875	783	658

¹ Table is based on variables: M3H1H2W, M3H1H1M, M3H1H2M, M3H1HNW, M6H8, M9H8, MWH8

Table 8.9. Percent of mothers who usually slept or kept awake when they lay down or slept with their baby by infant age or survey month¹; among mothers who ever lay down with or slept with their baby at night at month 3 survey or in the past 4 weeks at month 6, 9 and 12 survey

Infant Feeding Practices Study II

	Infant age			Survey month			
	2 weeks	1 month	2 month	3	6	9	12
Stay with the baby and also sleep	73.2	74.1	68.5	65.4	76.0	71.7	77.0
Keep awake until her baby was asleep or finished feeding, and then put the baby somewhere else while mother slept	26.8	25.9	31.6	34.6	24.0	28.3	23.0
Total (%)	100	100	100	100	100	100	100
N	1,464	1,469	1,366	1,328	875	780	651

¹ Table is based on variables: M3H1I2W, M3H1I1M, M3H1I2M, M3H1INW, M6H9, M9H9, MWH9

Table 8.10. Percent of mothers who usually lay down with or slept with each other person in addition to their baby by infant age or survey month^{1, 2}, among mother who ever lay down or slept with their baby at night at month 3 survey or in the past 4 weeks at month 6, 9 and 12 survey

Infant Feeding Practices Study II

	Infant age			Survey month			
	2 weeks	1 month	2 Month	3	6	9	12
Mother's husband or partner	57.4	58.0	53.8	51.9	66.0	65.8	65.6
Mother's other child or children	5.1	6.1	7.2	7.9	13.8	13.5	14.0
Other people	0.4	0.7	0.5	0.5	0.6	0.4	0.8
No one else	28.2	27.0	25.4	24.7	30.4	29.6	29.4
N	1,678	1,678	1,678	1,678	874	780	659

¹ Table is based on variables: M3H1J2W1-4, M3H1J1M1-4, M3H1J2M1-4, M3H1JNW1-4, M6H10A-D, M9H10A-D, MWH10A-D

² Column percentages do not add up to 100% because mothers could choose all that apply

Table 8.11. Percent of mothers indicating each reason for bringing their baby to bed with them by infant age or survey month^{1, 2}, among mothers who ever lay down with or slept with their baby at night at month 3 survey or in the past 4 weeks at month 6, 9 and 12 survey

Infant Feeding Practices Study II

	Survey month			
	3	6	9	12
It is commonly done in my family	11.6	13.9	15.3	16.7
Sleeping with my baby helps the baby or me to sleep better	54.2	47.9	51.9	48.6
I think it is safer if my baby sleeps with me or us	10.3	11.2	10.9	12.3
A doctor or nurse advised sleeping with baby	1.0	0.8	0.8	1.4
To breastfeed	58.7	53.3	46.9	30.3
To bottle feed	9.6	7.7	6.6	3.8
To help with a blocked milk duct or other breastfeeding problem	2.6	1.1	0.8	0.9
To be close/bond	41.0	39.2	38.3	32.6
To comfort when fussy	64.8	56.9	62.7	58.3
To comfort when sick	22.2	24.3	33.7	35.0
N	1,686	878	783	660

¹ Table is based on variables: M3H2A-J, M6H11A-J, M9H11A-J, MWH11A-J

² Column percentages do not add up to 100% because mothers could choose all that apply

Table 8.12. Percent of mothers indicating each reason for not bringing their baby to bed with them by infant age or survey month^{1, 2}, among mothers who never lay down with or sleep with their baby at month 3 survey or in the past 4 weeks at month 6, 9 and 12 survey

Infant Feeding Practices Study II

	Survey month			
	3	6	9	12
It is not commonly done in my family	28.2	30.1	34.4	38.0
We wake each other up, or baby wakes me or others in the bed	21.5	33.2	44.4	48.2
I think it is safer if my baby does not sleep with me or us	86.7	78.2	77.9	74.3
I don't think the baby should sleep with me because I smoke, take sedative medicine, or other reason	1.3	2.3	1.7	1.8
A doctor or nurse advised not sleeping with my baby	15.5	10.7	9.5	10.5
I think it will be too hard to get my baby to sleep in a crib when he or she is older	52.6	55.1	57.2	56.2
N	701	1,224	1,149	1,138

¹ Table is based on variables: M3H3A-F, M6H12A-F, M9H12A-F, MWH12A-F

² Column percentages do not add up to 100% because mothers could choose all that apply