



### What's new with APrON? Our Participants Have Spoken

On December 6, 2016 Dr. Nicole Letourneau, APrON Study Lead, met with APrON mothers for a participant advisory meeting. At this meeting, we asked for these mothers' feedback on their involvement and how we the APrON team could improve the research-participant connection and the overall APrON experience for the families participating in the study.



The APrON team will be collaborating more closely with our participants to ensure that our research maintains its participant-centered focus. So we will invite participants to be a part of upcoming grant applications. In addition the APrON team wants to recognize contributions of the children in this study, who have contributed so much of their time and energy. They have provided invaluable information on the effects of prenatal and early childhood factors on early childhood development. To recognize their phenomenal contributions to this study and science in general we will send out digital birthday cards, short fun facts in our newsletters, and "story book" overviews of the study, written in such a way that kids can get an idea of their great contributions to the study.

Overall our participant advisory committee shared very positive feedback about the study. They also mentioned it would be worth reminding our participants that even if they miss one questionnaire they are still able to contribute to future study components and questionnaires.

We sincerely appreciate **you, and your child** and all of our participants and the time commitment given to this study.

### Join APrON's Participant Advisory Committee

The APrON team is always looking for participants to join our advisory committee meetings and we want you to be a part of it! Share your ideas on how we can keep participants, like you, engaged and interested in our research. We want to hear from you. Sessions will be 1.5 hours long and will take place at the Owerko Centre at the Child Development Centre in Calgary. If you would like to learn more about this exciting opportunity, please contact us by email at [apron@ucalgary.ca](mailto:apron@ucalgary.ca)

### Send Us Your Feedback!

If you have any comments or questions about the *APrON Leaflet*, we want to hear them! We would also like to hear your ideas for future newsletters. Please contact us at [apron@ucalgary.ca](mailto:apron@ucalgary.ca)

We truly value your feedback!



## You're all like SnowFlakes

Unique & One of a kind,  
we value your differences.



Thank you for sharing with the APrON Study Team

## RESULTS

### Study Title: Trajectories of Sleep Quality and Associations with Mood during the Perinatal Period



Many women complain of poor sleep during pregnancy and the early months postpartum; however, those at highest risk of experiencing poor sleep have yet to be identified. Using data from a sub-study of APrON, sleep quality was assessed at four time points: during early and late pregnancy and at 3- and 6-months postpartum. Results of the study showed that there were four different patterns of sleep in pregnancy and the postpartum period. 21.5% of women reported good sleep quality throughout pregnancy and the postpartum period and 59.5% reported a mild decrease in sleep quality during pregnancy. A smaller number of women reported that their sleep quality significantly declined in pregnancy and remained poor until 6-months postpartum (12.3%) or was poor to start and remained poor throughout pregnancy and the postpartum period (6.7%). Women in the groups that reported the poorest sleep quality were also the most likely to experience high symptoms of depression in the postpartum period.

**Reference:** Tomfohr, L., Buliga, E., Campbell, T., Letourneau, N., Giesbrecht, G. (2015). Trajectories of sleep quality and associations with mood during the perinatal period. *SLEEP*, 38(8; August):1237-1245

To request the above or any other APrON publication please contact us at [apron@ucalgary.ca](mailto:apron@ucalgary.ca)

HELP KEEP OUR  
FILES  
UP-TO-DATE

Staying in touch with our participants is a key part of our work. When we lose touch with people we lose our ability to answer important health questions. If you have moved, changed your phone number or have a new email address, please take a moment to let us know of these changes. Keep in mind that we can send you surveys and keep you up-to-date with the *APrON Leaflet* no matter where you live, even if you are outside of Alberta or Canada.

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