**SLEEP DEPRIVATION SLEEP DISRUPTION**

 **(Sleep deficit)**

**Inadequate amount of sleep due to: Fragmented sleep due to:**

**Bedtime/wake-time (I) Maternal medical conditions (C) Sleep latency (C) Depression (C)**

 **Sleep change (C) Nicotine use (smoking) (C)**

 **Second hand smoke (C)**

 **ETOH (C)**

 **Self-rated health (C)**

 **Obesity (C)**

 **Pregnancy related conditions** **(C )**

Basic Demographics and covariates

Race/ethnicity, age, marital status, household size, children in household, maternal education, pregnancy history, vitamin use, subjective SES

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**Sleep Loss**

**ADVERSE HEALTH OUTCOMES**

**Infant outcomes Preterm birth (D)**

 **Low birth weight (D)**

 **Low APGAR (D)**

 **Small for Gestational age (D)**

Variable Categorization

I = Independent

D= Dependent

C= Covariate

**Maternal physiologic outcomes Gestational hypertension (D)**

 **Preeclampsia/eclampsia (D)**

 **Gestational Diabetes (D)**

 **Blood pressures (D)**

 **Glucose levels (D)**

**Maternal mood alterations Depression (D)**

Key: Risk Factor Categorization

 Environmental

Personal

 Developmental

 Multifactorial

**Labor outcomes C-section (D)**

 **Prolonged labor duration (D)**

 **Appendix G: Adaptation of Lee’s Conceptual Model of Impaired Sleep**