LIBRARY RESEARCH:

LET’S TAKE A TRIP TO THE LIBRARY. 

November 28, 2011

Long gone are the days of the library stacks. Let’s take an internet ride to the scientific world of journals and periodicals.” REMEMBER .. Stay positive! You are still in the learning phase of life. This will continue on well into your aging years!! Try to take on each new challenge with a smile and a good attitude. ☺

Find one example of each

“JUNK” SCIENCE = GOOGLE type information. Info we find on a quick internet search.

Find information pertaining to sleep Example: Sleep patterns, sleep advice vs REAL SCIENCE (See Mrs. Welton for password entry to Scientific Journals)

Please Logout when finished <https://ecampus.phoenix.edu> Username kimoliver

Password. Teacher will type in. Go to Library and type in title

EBSCOHOST Search \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Must click on pdf to see the entire article. (try to save and send to yourself if more than 2 pages long) otherwise cut and paste the abstract only for this example

-Attach a journal article for evidence of real scientific behavior. We will be using this article for reference later. Could be on sleep disorders, science of sleep, teens and sleep, moms and sleep, babies and sleep etc.

CLICK ON PEER REVIEWED for more academic type journals/periodicals etc.

IF IT HAS AN ABSTRACT it will be considered “scientific!”

JUNK SCIENCE  
SOURCE: http://www.easybabylife.com/new-mom.html

**New Mom Getting No Sleep?**

**A new mom is often very exhaused. Don't be. A few steps can make a huge difference to the amount of sleep you're getting.**

[EasyBabyLife Home](http://www.easybabylife.com) > [**New Mother Tips**](http://www.easybabylife.com/new-mother.html) **>**



As a new mommy it can be really hard to get the sleep you need.

*Who cares if things get better when my baby is three months old? I will have* ***died from lack of sleep*** *by then!*

That's really how I felt getting my first child. **I was so exhausted!**

Looking back now at my first time as a new mother, I didn't do much to improve the situation at that time. Why? **I didn't know what to do!**

"*Sleep when the baby does also at daytime*" was the only advice I had heard. Easy to say! Boring and hard to do.

I mean, you're **not a robot** as a new mummy; there's no off-button to press as soon as the [baby falls asleep](http://www.easybabylife.com/baby-sleep.html)!

When I was home with our third child things were different. Tired - yes sometimes. Like when all kids wake up at night... But I was **not exhausted**, not at all actually. Why? Because I had learned how to **help myself getting much more sleep**.

These tips meant the world to me. Despite being a new mother, I didn't sleep and complain about being tired all day long, but instead I had enough energy to launch this website!

**REAL SCIENCE REAL JOURNAL ARTICLE on sleep and new moms.**

A selective review of maternal sleep characteristics in the postpartum period.

**Source:**

[JOGNN: Journal of Obstetric, Gynecologic & Neonatal Nursing](javascript:__doLinkPostBack('','mdb%7E%7Erzh%7C%7Cjdb%7E%7Erzhjnh%7C%7Css%7E%7EJN%20%22JOGNN%3A%20Journal%20of%20Obstetric%2C%20Gynecologic%20%26%20Neonatal%20Nursing%22%7C%7Csl%7E%7Ejh','');) (JOGNN), 2009 Jan-Feb; 38(1): 60-8 (53 [Mothers](javascript:__doLinkPostBack('','ss%7E%7EMM%20%22Mothers%22%7C%7Csl%7E%7Erl','');)  
[Postnatal Period](javascript:__doLinkPostBack('','ss%7E%7EMM%20%22Postnatal%20Period%22%7C%7Csl%7E%7Erl','');)  
[Sleep](javascript:__doLinkPostBack('','ss%7E%7EMM%20%22Sleep%22%7C%7Csl%7E%7Erl','');)

**Minor Subjects:**

[Adult](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22Adult%22%7C%7Csl%7E%7Erl','');) ; [Childbirth Education](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22Childbirth%20Education%22%7C%7Csl%7E%7Erl','');) ; [CINAHL Database](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22CINAHL%20Database%22%7C%7Csl%7E%7Erl','');) ; [Depression](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22Depression%22%7C%7Csl%7E%7Erl','');) ; [Fatigue](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22Fatigue%22%7C%7Csl%7E%7Erl','');) ; [Feeding Methods](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22Feeding%20Methods%22%7C%7Csl%7E%7Erl','');) ; [Female](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22Female%22%7C%7Csl%7E%7Erl','');) ; [Hormones](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22Hormones%22%7C%7Csl%7E%7Erl','');) ; [Parity](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22Parity%22%7C%7Csl%7E%7Erl','');) ; [Psycinfo](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22Psycinfo%22%7C%7Csl%7E%7Erl','');) ; [PubMed](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22PubMed%22%7C%7Csl%7E%7Erl','');) ; [Sleep Deprivation](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22Sleep%20Deprivation%22%7C%7Csl%7E%7Erl','');) ; [Human](javascript:__doLinkPostBack('','ss%7E%7EMH%20%22Human%22%7C%7Csl%7E%7Erl','');)

**Abstract:**

Objective: To determine the current knowledge of postpartum womens' **sleep** patterns, **sleep** disturbances, consequences of **sleep** disturbances, and known strategies for prevention in order to provide best practice recommendations for health care providers. Data Sources: A literature search from 1969 through February 2008 was conducted using the CINHL, Index of Allied Health Literature, Ovid, PsycINFO, and PubMed electronic databases in addition to reference lists from selected articles and other key references. Search terms included **sleep**, postpartum, **sleep** **deprivation**, and **sleep** disturbance. Study Selection: A critical review of all relevant articles from the data sources was conducted with attention to the needs of postpartum womens' **sleep** and implications for health care providers. Data Extraction: Literature was reviewed and organized into groups with similar characteristics. Data Synthesis: An integrative review of the literature summarized the current state of research related to **sleep** alterations in postpartum women. Conclusions: Postpartum women experience altered **sleep** patterns that may lead to **sleep** disturbances. The most common reasons for **sleep** disturbances are related to newborn **sleep** and feeding patterns. Although present, the relationships among **sleep** disturbance, fatigue, and depression in postpartum women lack clarity due to their ambiguous definitions and the variety of the studies conducted. Providers should encourage prenatal education that assists the couple in developing strategies for decreasing postpartum **sleep** **deprivation**. Alterations of in-hospital care and home care should be incorporated to improve the new family's **sleep** patterns.