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

<table>
<thead>
<tr>
<th>Infant Feeding Practices Study II</th>
<th>Infant age</th>
<th>Survey month</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 weeks</td>
<td>1 month</td>
</tr>
<tr>
<td>&lt;2 hours</td>
<td>43.9</td>
<td>14.6</td>
</tr>
<tr>
<td>3 to 4 hours</td>
<td>47.4</td>
<td>55.4</td>
</tr>
<tr>
<td>5 to 6 hours</td>
<td>6.8</td>
<td>23.9</td>
</tr>
<tr>
<td>7 to 8 hours</td>
<td>1.5</td>
<td>4.9</td>
</tr>
<tr>
<td>&gt;=8 hours</td>
<td>0.4</td>
<td>1.2</td>
</tr>
<tr>
<td>Total (%)</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>N</td>
<td>2,278</td>
<td>2,281</td>
</tr>
</tbody>
</table>

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 month

<table>
<thead>
<tr>
<th>Infant Feeding Practices Study II</th>
<th>Infant age</th>
<th>Survey month</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 weeks</td>
<td>1 month</td>
</tr>
<tr>
<td>Side</td>
<td>17.1</td>
<td>16.0</td>
</tr>
<tr>
<td>Stomach</td>
<td>4.8</td>
<td>8.7</td>
</tr>
<tr>
<td>Back</td>
<td>78.2</td>
<td>75.3</td>
</tr>
<tr>
<td>Total (%)</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>N</td>
<td>2,316</td>
<td>2,308</td>
</tr>
</tbody>
</table>

1 Table is based on variables: M3H1B2W, M3H1B1M, M3H1B2M, M3H1BNW, M6H2, M9H2, MWH2
<table>
<thead>
<tr>
<th>Infant Feeding Practices Study II</th>
<th>Infant age</th>
<th>Survey month</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 weeks</td>
<td>1 month</td>
</tr>
<tr>
<td>Side</td>
<td>16.4</td>
<td>15.5</td>
</tr>
<tr>
<td>Stomach</td>
<td>4.8</td>
<td>7.6</td>
</tr>
<tr>
<td>Back</td>
<td>78.8</td>
<td>76.9</td>
</tr>
<tr>
<td>Total (%)</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>N</td>
<td>2,310</td>
<td>2,303</td>
</tr>
</tbody>
</table>

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 month

<table>
<thead>
<tr>
<th>Infant Feeding Practices Study II</th>
<th>Infants</th>
<th>Survey month</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 weeks</td>
<td>1 month</td>
</tr>
<tr>
<td>In mother's room</td>
<td>85.2</td>
<td>81.0</td>
</tr>
<tr>
<td>In a different room</td>
<td>14.8</td>
<td>19.0</td>
</tr>
<tr>
<td>Total (%)</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>N</td>
<td>2,312</td>
<td>2,308</td>
</tr>
</tbody>
</table>

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 month

<table>
<thead>
<tr>
<th>Infant Feeding Practices Study II</th>
<th>Infant age</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 weeks</td>
<td>1 month</td>
<td>2 month</td>
<td>3</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>Bassinette</td>
<td>50.1</td>
<td>43.7</td>
<td>34.1</td>
<td>26.9</td>
<td>8.1</td>
<td>1.5</td>
</tr>
<tr>
<td>Crib</td>
<td>19.6</td>
<td>25.3</td>
<td>37.4</td>
<td>47.7</td>
<td>72.0</td>
<td>81.0</td>
</tr>
<tr>
<td>Co-sleeper (attaches to mom's bed)</td>
<td>3.1</td>
<td>3.0</td>
<td>2.6</td>
<td>2.5</td>
<td>1.5</td>
<td>0.9</td>
</tr>
<tr>
<td>In bed or other place with the mother</td>
<td>20.5</td>
<td>21.1</td>
<td>18.7</td>
<td>16.7</td>
<td>14.4</td>
<td>13.8</td>
</tr>
<tr>
<td>In something else</td>
<td>6.8</td>
<td>7.0</td>
<td>7.2</td>
<td>6.2</td>
<td>4.0</td>
<td>2.8</td>
</tr>
<tr>
<td>Total (%)</td>
<td>100</td>
<td>100</td>
<td>100</td>
<td>100</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>N</td>
<td>2,323</td>
<td>2,314</td>
<td>2,314</td>
<td>2,319</td>
<td>2,093</td>
<td>1,925</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Infant age</th>
<th></th>
<th></th>
<th></th>
<th>Survey month(^3)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 weeks</td>
<td>1 month</td>
<td>2 Month</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Yes, with the baby in a co-sleeper</td>
<td>5.1</td>
<td>4.2</td>
<td>3.5</td>
<td>3.3</td>
<td>1.8</td>
</tr>
<tr>
<td>Yes, in a bed</td>
<td>49.3</td>
<td>52.3</td>
<td>49.4</td>
<td>47.4</td>
<td>36.7</td>
</tr>
<tr>
<td>Yes, in a water bed</td>
<td>1.1</td>
<td>1.0</td>
<td>0.9</td>
<td>0.9</td>
<td>0.7</td>
</tr>
<tr>
<td>Yes, on a mattress on the floor</td>
<td>1.0</td>
<td>1.1</td>
<td>1.3</td>
<td>1.2</td>
<td>1.6</td>
</tr>
<tr>
<td>Yes, on a couch or other place that is not a bed</td>
<td>17.9</td>
<td>16.8</td>
<td>14.3</td>
<td>12.4</td>
<td>6.2</td>
</tr>
<tr>
<td>No</td>
<td>34.9</td>
<td>34.4</td>
<td>38.5</td>
<td>40.5</td>
<td>58.4</td>
</tr>
<tr>
<td>N</td>
<td>2,276</td>
<td>2,283</td>
<td>2,261</td>
<td>2,242</td>
<td>2,080</td>
</tr>
</tbody>
</table>

\(^1\) 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

\(^3\) The 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 month\(^1\), 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**

<table>
<thead>
<tr>
<th>Infant age</th>
<th>Survey month</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 weeks</td>
</tr>
<tr>
<td>All night</td>
<td>44.3</td>
</tr>
<tr>
<td>The first part of the night only</td>
<td>8.2</td>
</tr>
<tr>
<td>The last part of the night only</td>
<td>22.2</td>
</tr>
<tr>
<td>Several short times throughout the night</td>
<td>25.4</td>
</tr>
<tr>
<td>Total (%)</td>
<td>100</td>
</tr>
<tr>
<td>N</td>
<td>1,412</td>
</tr>
</tbody>
</table>

\(^1\) 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 month, 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

<table>
<thead>
<tr>
<th>Infant Feeding Practices Study II</th>
<th>Infant age</th>
<th>Survey month</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 weeks</td>
<td>1 month</td>
</tr>
<tr>
<td>Baby did not usually lie down or sleep with his/her mother</td>
<td>11.7</td>
<td>8.9</td>
</tr>
<tr>
<td>&lt;1 night a week</td>
<td>7.8</td>
<td>10.0</td>
</tr>
<tr>
<td>1 to 2 nights</td>
<td>11.8</td>
<td>15.5</td>
</tr>
<tr>
<td>3 to 4 nights</td>
<td>12.6</td>
<td>13.8</td>
</tr>
<tr>
<td>5 to 6 nights</td>
<td>11.1</td>
<td>10.1</td>
</tr>
<tr>
<td>7 nights per week</td>
<td>44.9</td>
<td>41.8</td>
</tr>
<tr>
<td>Total (%)</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>N</td>
<td>1,545</td>
<td>1,526</td>
</tr>
</tbody>
</table>

1 Table is based on variables: M3H1H2W, M3H1H1M, M3H1H2M, M3H1H1NW, 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 month \(^1\) 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

<table>
<thead>
<tr>
<th>Infants Age</th>
<th>Survey Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 weeks</td>
<td>1 month</td>
</tr>
<tr>
<td>Stay with the baby and also sleep</td>
<td>73.2</td>
</tr>
<tr>
<td>Keep awake until her baby was asleep or finished feeding, and then put the baby somewhere else while mother slept</td>
<td>26.8</td>
</tr>
<tr>
<td>Total (%)</td>
<td>100</td>
</tr>
<tr>
<td>N</td>
<td>1,464</td>
</tr>
</tbody>
</table>

\(^1\) 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

<table>
<thead>
<tr>
<th></th>
<th>Infant age</th>
<th>Survey month</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 weeks</td>
<td>1 month</td>
</tr>
<tr>
<td>Mother’s husband or partner</td>
<td>57.4</td>
<td>58.0</td>
</tr>
<tr>
<td>Mother’s other child or children</td>
<td>5.1</td>
<td>6.1</td>
</tr>
<tr>
<td>Other people</td>
<td>0.4</td>
<td>0.7</td>
</tr>
<tr>
<td>No one else</td>
<td>28.2</td>
<td>27.0</td>
</tr>
<tr>
<td>N</td>
<td>1,678</td>
<td>1,678</td>
</tr>
</tbody>
</table>

\(^1\) 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>
<thead>
<tr>
<th>Reason</th>
<th>Survey month</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3</td>
</tr>
<tr>
<td>It is commonly done in my family</td>
<td>11.6</td>
</tr>
<tr>
<td>Sleeping with my baby helps the baby or me to sleep better</td>
<td>54.2</td>
</tr>
<tr>
<td>I think it is safer if my baby sleeps with me or us</td>
<td>10.3</td>
</tr>
<tr>
<td>A doctor or nurse advised sleeping with baby</td>
<td>1.0</td>
</tr>
<tr>
<td>To breastfeed</td>
<td>58.7</td>
</tr>
<tr>
<td>To bottle feed</td>
<td>9.6</td>
</tr>
<tr>
<td>To help with a blocked milk duct or other breastfeeding problem</td>
<td>2.6</td>
</tr>
<tr>
<td>To be close/bond</td>
<td>41.0</td>
</tr>
<tr>
<td>To comfort when fussy</td>
<td>64.8</td>
</tr>
<tr>
<td>To comfort when sick</td>
<td>22.2</td>
</tr>
<tr>
<td><strong>N</strong></td>
<td>1,686</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Reason</th>
<th>Survey month</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3</td>
</tr>
<tr>
<td>It is not commonly done in my family</td>
<td>28.2</td>
</tr>
<tr>
<td>We wake each other up, or baby wakes me or others in the bed</td>
<td>21.5</td>
</tr>
<tr>
<td>I think it is safer if my baby does not sleep with me or us</td>
<td>86.7</td>
</tr>
<tr>
<td>I don't think the baby should sleep with me because I smoke, take sedative medicine, or other reason</td>
<td>1.3</td>
</tr>
<tr>
<td>A doctor or nurse advised not sleeping with my baby</td>
<td>15.5</td>
</tr>
<tr>
<td>I think it will be too hard to get my baby to sleep in a crib when he or she is older</td>
<td>52.6</td>
</tr>
</tbody>
</table>

| 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