Postpartum health and wellness

This month's Take Charge of Your Health feature focuses on postpartum health and wellness. Although this topic may not be one that we all consider very often, our entire community benefits when we know how to lend a helping hand to new mothers.

Following a birth, it is normal for people to focus on the mother and move the baby aside in preparation for a perpetual cycle of perinatal, one-sided attention that can detract the newborn's need and cause her to feel isolated. Moms have a remarkable influence on the children they carry—from what they eat, their environments and over a period of transition and adjustment, we call it “postpartum.” This period is too often overlooked in the pregnancy journey. It is also accompanied by significant changes. A woman's body is transitioning from a pregnancy state back to the state of non-pregnancy hormone levels. When going through these hormonal shifts, new mothers may feel many of the same emotions as people experiencing intense sleep deprivation. In addition, combined effects of internal and external change also impact the stress and the stress that comes with new babies. Postpartum depression means new moms must be supported properly to have the best health outcomes for their infants. For instance, when new moms are able to sleep, their perception of the world can change and they are more likely to be in a positive mood. So how does sleep connect to postpartum depression? Let's talk about it.

New mothers have a unique hormone profile for the months after childbirth. They often experience mood swings, irritability, exhaustion, and increased stress. These symptoms are more common in women who have experienced postpartum depression in their past. When people don't get the right amount of sleep, it affects their sleep and sleep-related behaviors. In addition, many people evaluate their mood and happiness based on how well they sleep. If they have a good night's sleep, then they feel well, they are happy. If not, they feel depressed.