### Project Title: How does sleep change with pregnancy

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#### Host School/ Institute
Northern Clinical School/ Kolling Institute

#### Address:
- Kolling Building B6
- Royal North Shore Hospital E25

#### URL:

#### Personal Supervisor:
Dr Yu Sun Bin

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#### Co-Supervisor:
**Associate Professor Jane Ford**

#### Project Type:
Data Analysis, Clinical, Survey

#### Project Category:
Epidemiology, Reproduction, Immunology & Infection

#### Project Keywords:
1. Pregnancy
2. Sleep health
3. Systematic review
4. Qualitative review
5. Meta analysis

#### Project Description:
Sleep disorders in pregnancy are currently a hot topic of research. However, in order to fully understand abnormal sleep and its potential effects on the health of a woman and her baby, we need to better understand how normal sleep (architecture, quality, duration, and timing) changes with pregnancy. The aim of this project is to synthesise existing knowledge on how sleep differs in pregnant compared to non-pregnant women and how it changes over the course of pregnancy to shortly after birth.

The summer student will conduct a systematic review of the literature with a view to publishing the report in a scientific journal. The focus of the project can be adapted to the student’s particular interests. The student will be provided with regular supervision and guidance on all aspects of the project, and will gain:

**Critical research skills:**
- Conducting a systematic search of the scientific literature
- Extracting and synthesising data
- Assessing the quality of studies
- Writing a scientific article
- Presenting the results of a research study

**Fundamental knowledge:**
- Study designs and epidemiology
- Sleep health
- Pregnancy

**And CV highlights:**
- Oral presentation of the findings
- Co-authorship of a publication