Good Night Sleep Tight: A Study of the Impact of Co-Sleeping on the Child, the Mother, and the Parental Relationship

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Purpose: 1. To identify the psychological or behavioral impacts that co-sleeping has on the child. 2. To determine if co-sleeping affects the parental relationship. 3. Identify the understanding of co-sleeping that parents have before beginning the practice. Hypothesis: 1. Children who co-slept will more likely suffer from anxiety disorders and other negative behavioral outcomes and will have a troubled future in social interaction. 2. Spousal relationships will suffer during the time of co-sleeping and after. 3. Parents are aware of the dangers of co-sleeping but feel it is the best decision for their families. Method: 1. The examiner will create a questionnaire to be distributed to mothers. 2. The questionnaire will be circulated electronically using Google forms to collect data. 3. Statistical analysis will be performed on all data to verify the validity of the findings. Conclusion: Since the survey results are found significant as per statistical analysis, the examiner concludes: 1. Parts of the hypothesis are accepted, and parts are rejected. 2. Contrary to the hypothesis, children who co-slept did not show signs of suffering from anxiety disorders. 2. Spousal relationships will suffer during the co-sleeping period but repair itself after co-sleeping ceases. 3. Parents are aware of the dangers of co-sleeping but think it is the best decision for their families. Note: Mothers were more informed about the psychological effects associated with co-sleeping than the physical dangers that can bring harm or death to the children involved. This is interesting because the physical dangers have been found to outweigh the psychological/behavioral outcomes of co-sleeping.

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