

How The Green Chair Project Supports Healthy Sleep in Wake County, NC

We lead a collective effort responding to our neighbors in need by sharing furnishings to create safe, nurturing, & healthy homes.

Why cribs & beds?

Research shows that lack of sleep contributes to high blood pressure, heart disease, obesity, diabetes, depression and dementia.

Sleep deficits disproportionately affect people of color and individuals of lower socioeconomic means.¹

98% of surveyed Sweeter Dreams clients previously slept on air mattresses, floors, sofas, or shared beds



Cribs provide a safe sleep environment for infants

- Reduces rates of sudden infant death syndrome (SIDS)²
- Mothers who reported their infants' sleep as a problem were more likely to report symptoms of depression³



Beds promote healthy rest for children and adults

- Quality sleep is vital for childhood brain development, including cognitive function and memory⁴
- Mothers of toddlers who experienced poor sleep reported higher levels of stress than mothers who slept better⁵

An analysis prepared on behalf of the Green Chair Project in 2019 estimated more than **6,300** school-age children in Wake Co. **did not have a bed** of their own.

That's approximately one child in every WCPSS classroom.⁶

¹ Chloe Ekberg, “The Sleep Gap: Diving Deeper into the Inequality Surrounding Sleep,” *The Mattress Nerd*, April 5, 2021, <https://www.mattressnerd.com/sleep-and-inequality/>

² Task Force on Sudden Infant Death Syndrome, “SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment,” *Pediatrics* 138, no. 5 (November 2016).

³ Harriet Hiscock & Melissa Wake, “Infant Sleep Problems and Postnatal Depression: A Community-Based Study,” *Pediatrics* 107, no. 6 (June 2001): 1317-1322.

⁴ Ronald E. Dahl, “The impact of inadequate sleep on children's daytime cognitive function,” *Seminars in Pediatric Neurology* 3, no. 1 (March 1996): 44-50; Dahl, “Sleep and the developing brain,” *Sleep* 30, no. 9 (September 2007): 1079-1080; Karen Spruyt & David Gozal, “Screening of pediatric sleep-disordered breathing: a proposed unbiased discriminative set of questions using clinical severity scales,” *Chest* 142, no. 6 (December 2010): 1508-1515; K. Spruyt, I. Anguh, & O.U. Nwabara, “Sleep behavior of underrepresented youth,” *Journal of Public Health* 22, no. 2 (2014): 111-120.

⁵ M.E. McQuillan, J.E. Bates, A.D. Staples, & K. Deater-Deckard, “Maternal stress, sleep, and parenting,” *Journal of Family Psychology* 33, no. 3 (2019): 349-359.

⁶ Lee A. Craig & Robert G. Hammond, “Green Chair Project ‘Sweeter Dreams’ Beds Program Needs Analysis,” May 15, 2019.