

CROYDE STARRY SKY CEILINGS

Use soft mood lighting to transform maternity environments.



Croyde Starry Sky Ceilings are designed to help midwives transform maternity environments with bespoke low-level lighting

The midnight blue back panel and twinkling LED lights mimic a night sky scene.

Popular in birth rooms and above birthing pools, they help to create a calm, relaxing space.

Colours can be selected by remote control to softly illuminate the room.

CONFIGURATION OPTIONS

The Croyde Starry Sky Ceilings are available in a variety of shapes and sizes.

The ceiling panel can also be selected in a different colour.



BIRTH POOL SHAPED



ROUND SHAPED



YIN & YANG SHAPED

LIGHTING THE WAY FOR BIRTH: ENVIRONMENT AND BIRTH

Dr Kathryn Gutteridge • Independent Consultant Midwife • Twitter @Sanctummid

It is no surprise to me that when women are in a safe and secluded environment, they will both labour and generally birth well. I have long known this from hearing our neighbour's daughter labouring at home when I was just 12 years old.

During my career, I was very fortunate to be able to design three birthing centres where the environment, including low lighting, featured highly in their success. Odent¹ describes mammals needing low light and quiet for their *optimal* hormone production around the time of birth.

IMPACT ON THE BIRTHING PERSON

I wrote an article some years ago about the effects of the environment on the pathophysiology of birth.² I researched environments in healthcare and palliative care where attention is paid to the needs of the whole person. I was particularly interested in a Dutch system of care for dementia patients called 'Snoezelen'. This is an amalgamation of the words 'sniff and doze'; Baker et al.³ wrote about these design features having a soothing impact on those with severe forms of dementia.

IMPACT ON THE MIDWIFE

In these days of midwifery shortages and high-stress levels in the maternity workplace, it's worth noting that Hammond et al.⁵ showed that when a birthing space is changed to promote the production of oxytocin, both the woman and her midwife benefit from the space. Increased levels of oxytocin affect our neurophysiology; midwives are strongly influenced by birth rooms in negative and positive ways.⁶ Indeed, Andr n et al.⁷ showed a strong correlation between women and midwives' level of trust, supportive relationships and satisfaction levels of both. This should not be surprising to us; when we are in an environment where noise is low, lighting is dimmed and all our safety needs are met, we are relaxed and at ease. Hammond et al.⁶ noted that midwives' practice and confidence improve in these spaces; they are more open, approachable and generally happier in their work. This evidence should be considered for other areas of maternity too, such as clinic rooms and waiting areas.

As midwives, we have a duty to consider the space that women give birth in. Small changes in lighting and environment that

EXPLORING THE EVIDENCE

Mood lighting in the birth room is proven to help create a calm, relaxed environment and deliver enhanced sensory experiences for the birthing person.

Dr Kathryn Gutteridge explains the benefits & impact of mood lighting in the birth room environment.

[Click here or on the thumbnail to access her paper.](#)

EVERYTHING YOU NEED TO KNOW

Click the links below to access

the Croyde Knowledge Hub

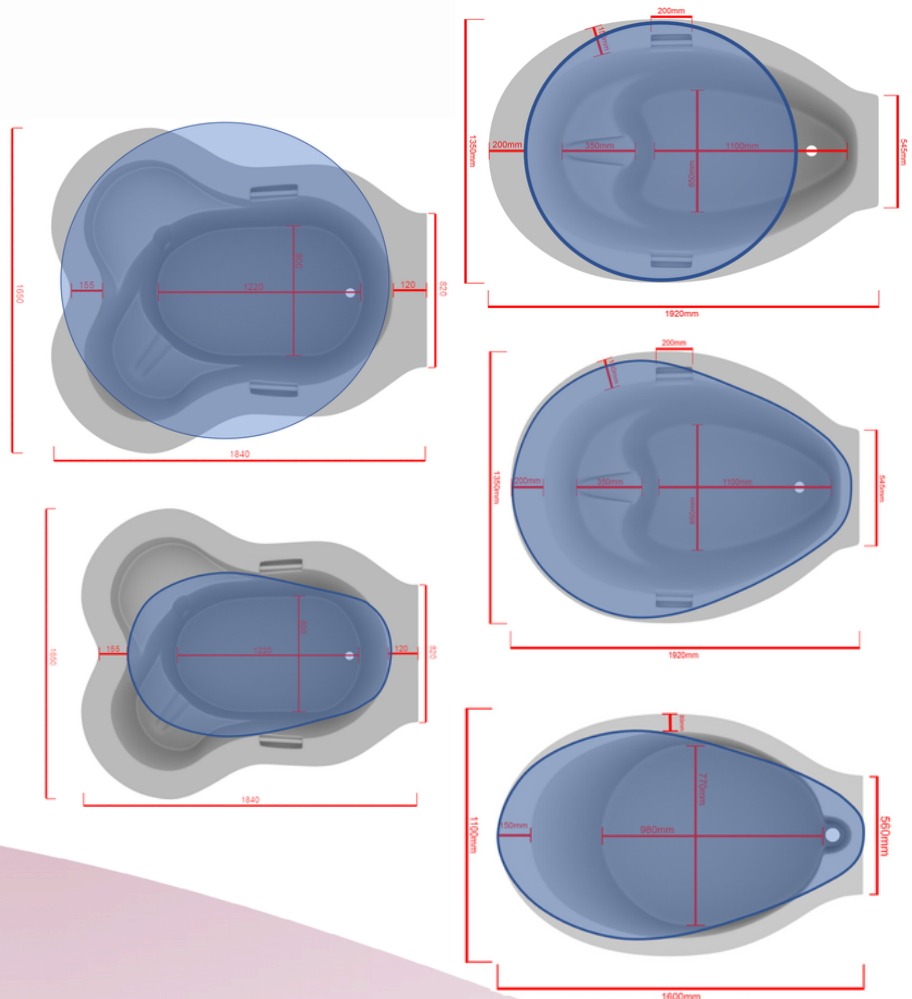
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