

So, when are U.S. babies born?

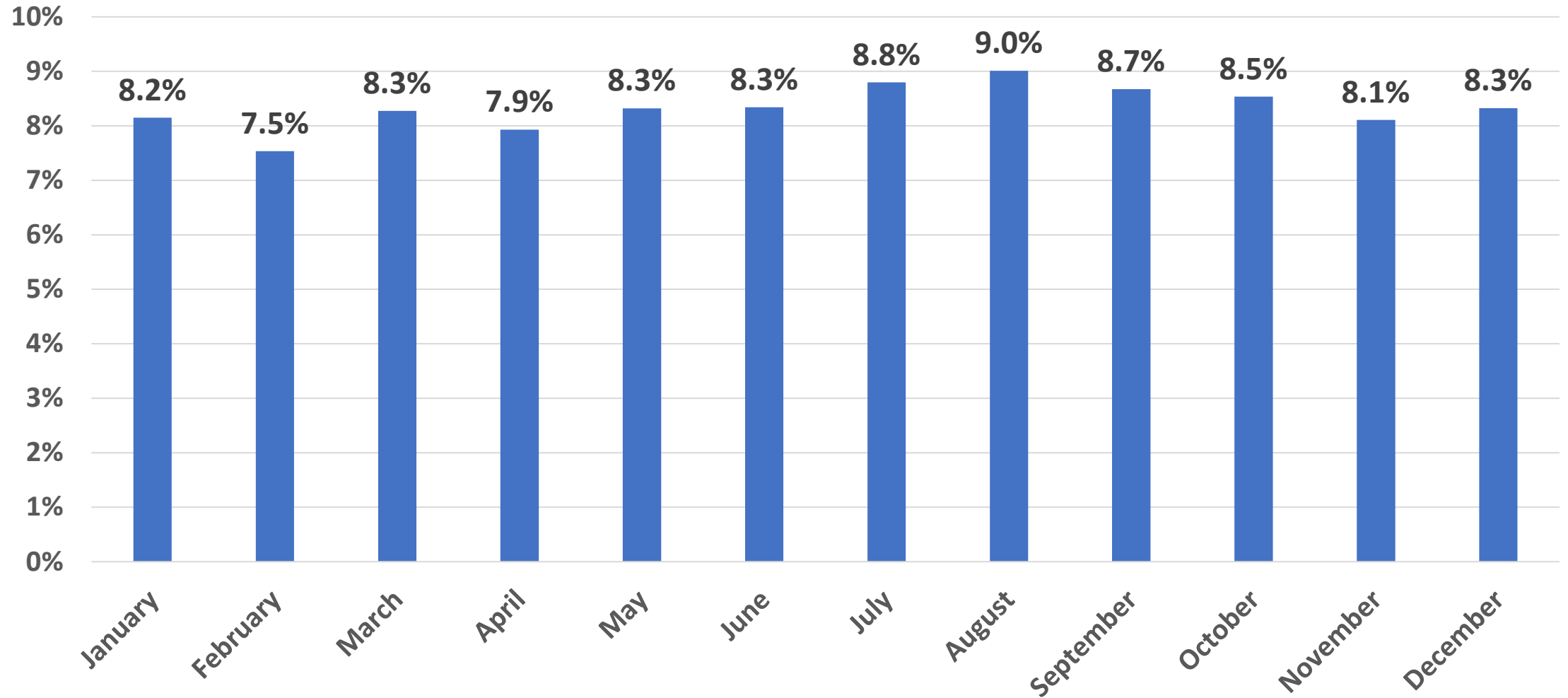
What month, day & hour?

Gene Declercq, PhD
June, 2025

www.birthingthenumbers.org



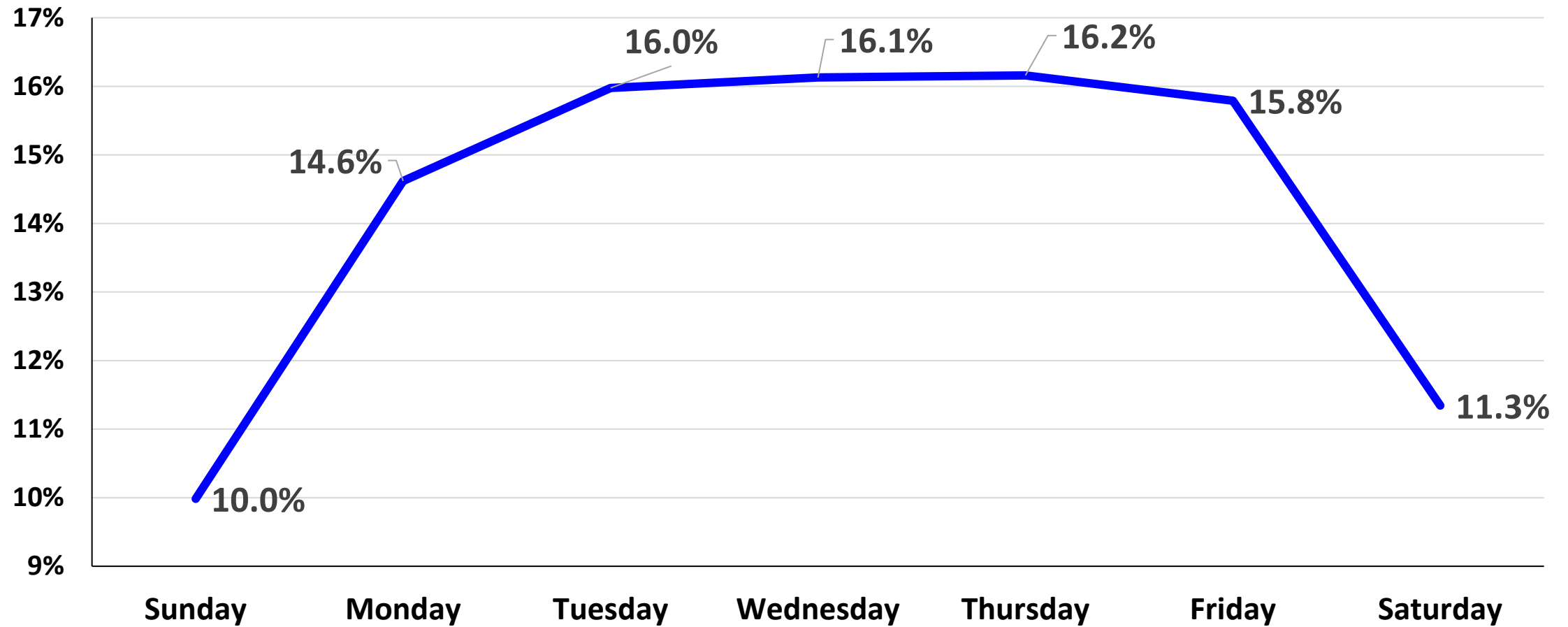
Month of Birth, U.S., 2014-2023



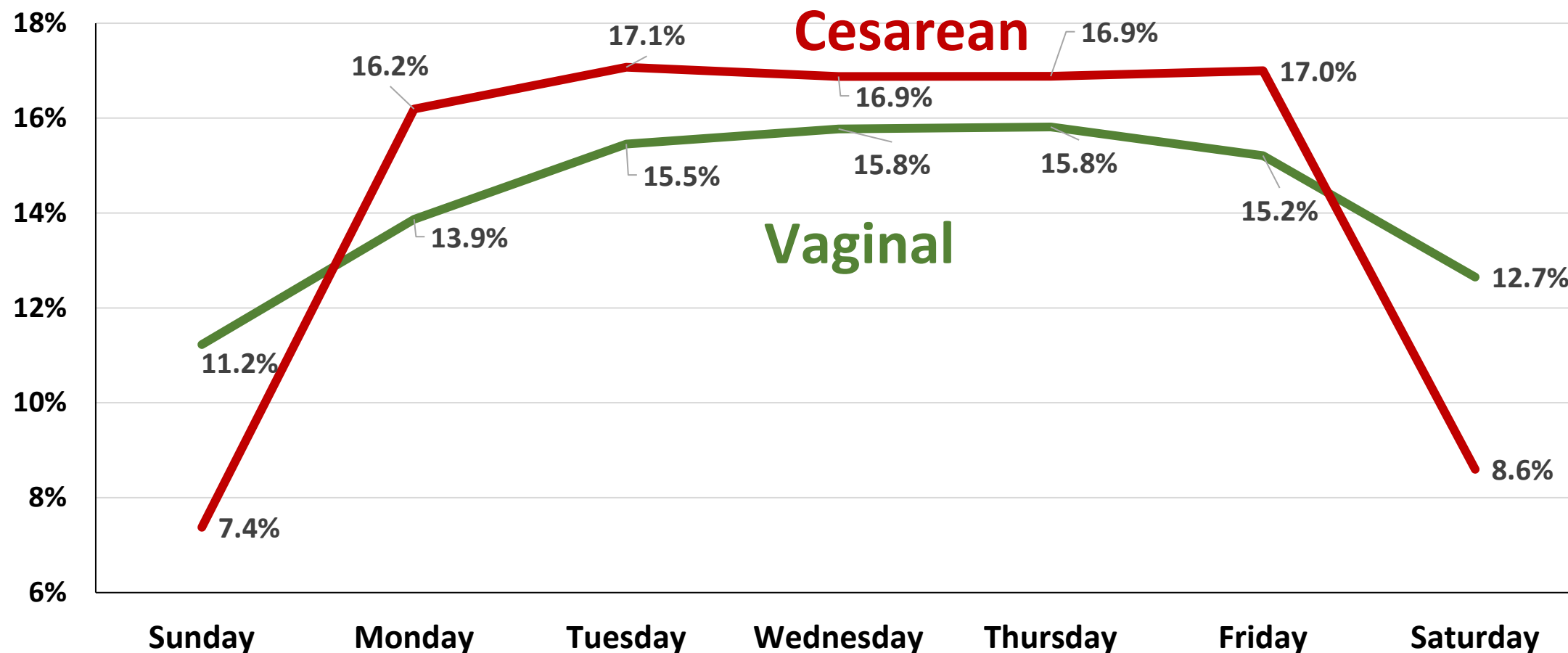
Note: Limiting Births to Gestational Ages 39-41 weeks doesn't change this pattern.



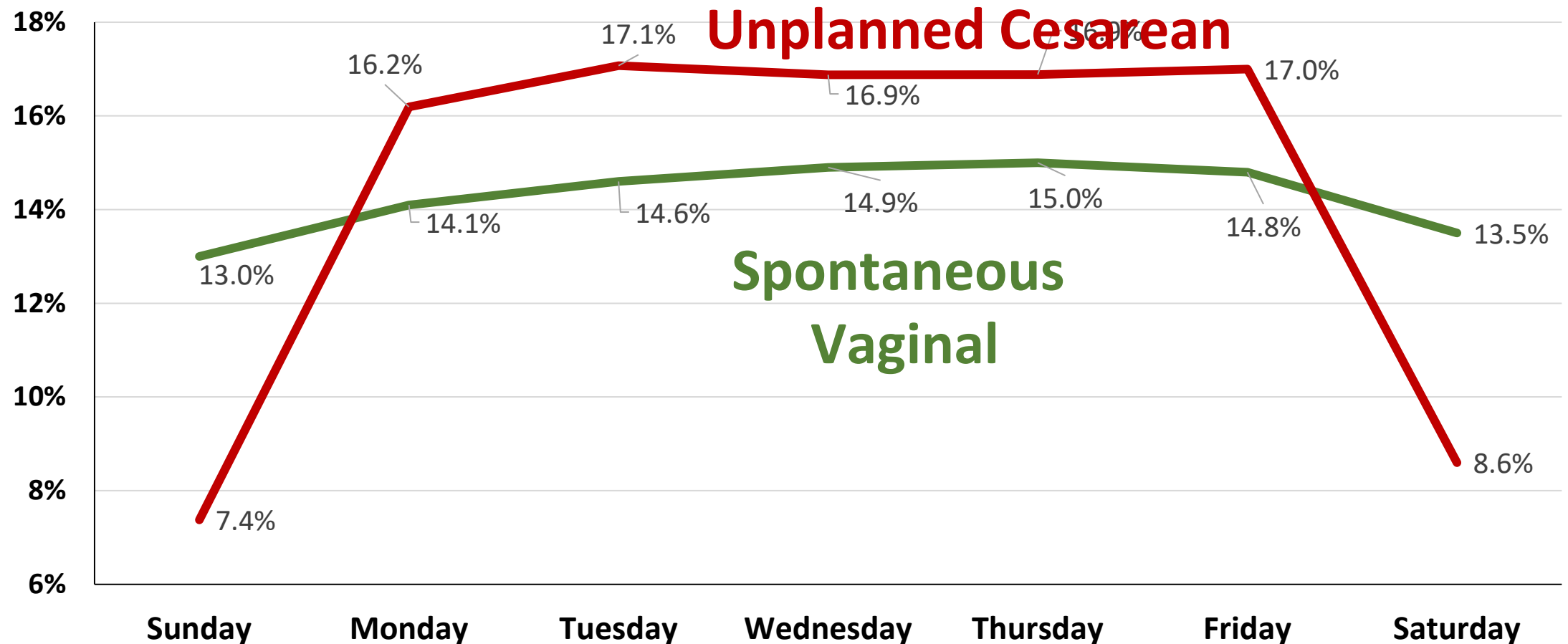
Percent U.S. Births by **Day of Week**, 2023



Percent U.S. Births by Day of Week & Method of Delivery, 2023

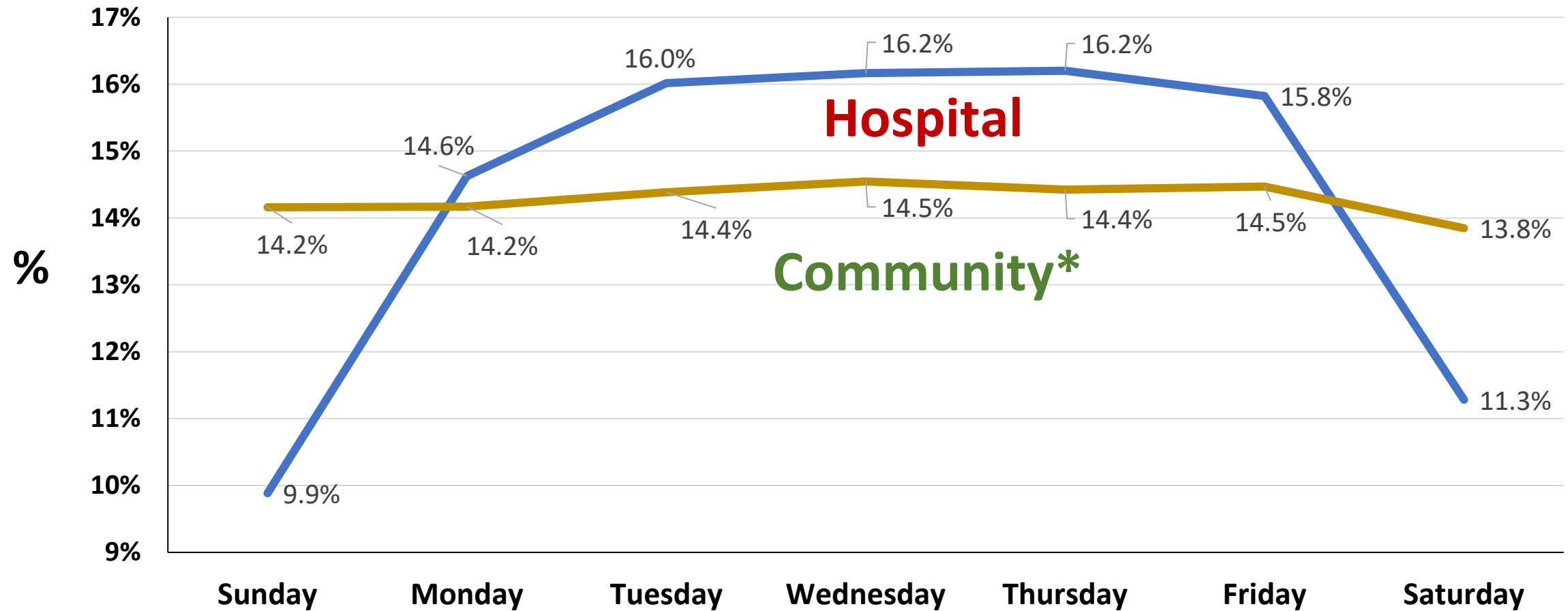


Percent U.S. Births by Day of Week & Method of Delivery, 2023





Percent U.S. Births by Day of Week & Place of Birth, 2023

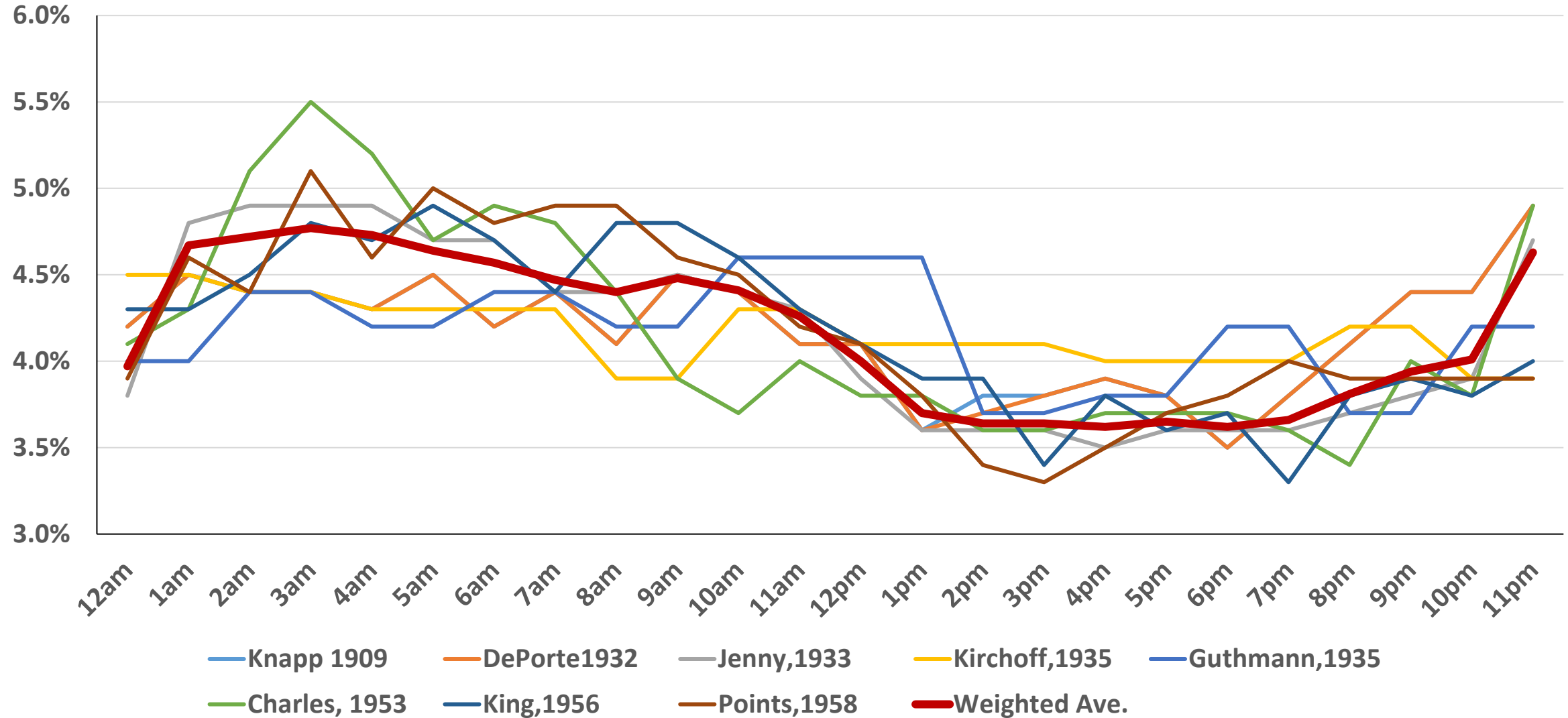


*Home and Birth Center

Births by Hour of the Day

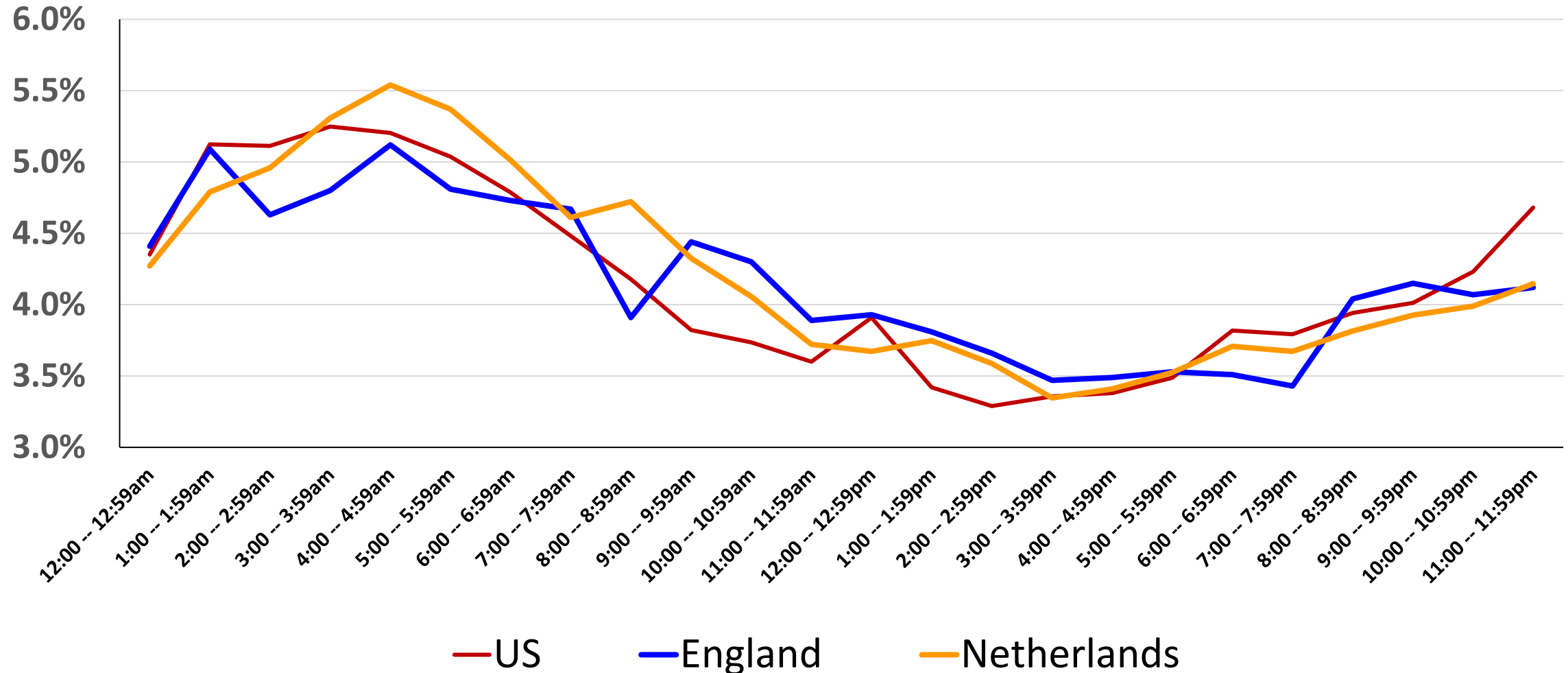


Summary of historical studies (1909-1958) of birth by **hour of day**





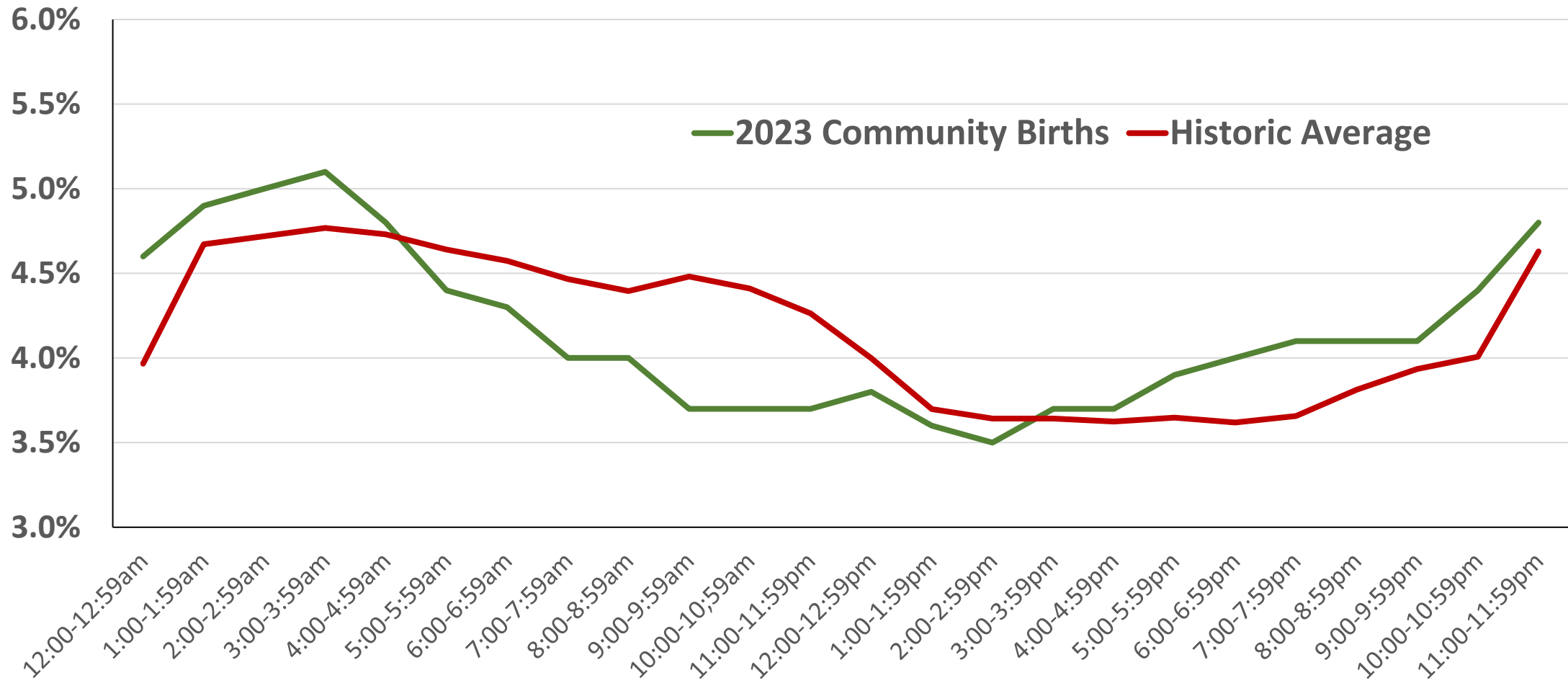
Home Births by Hour of Day, U.S. & Netherlands, 2014 & England 2008-10



Source: U.S.: National Vital Statistics System, 2014 Public Use Dataset; England: Birthplace Study; Netherlands: Peristat.nl



Timing of 2023 U.S. Community Births* by Hour of Day, & Historic Data (1909-1958)

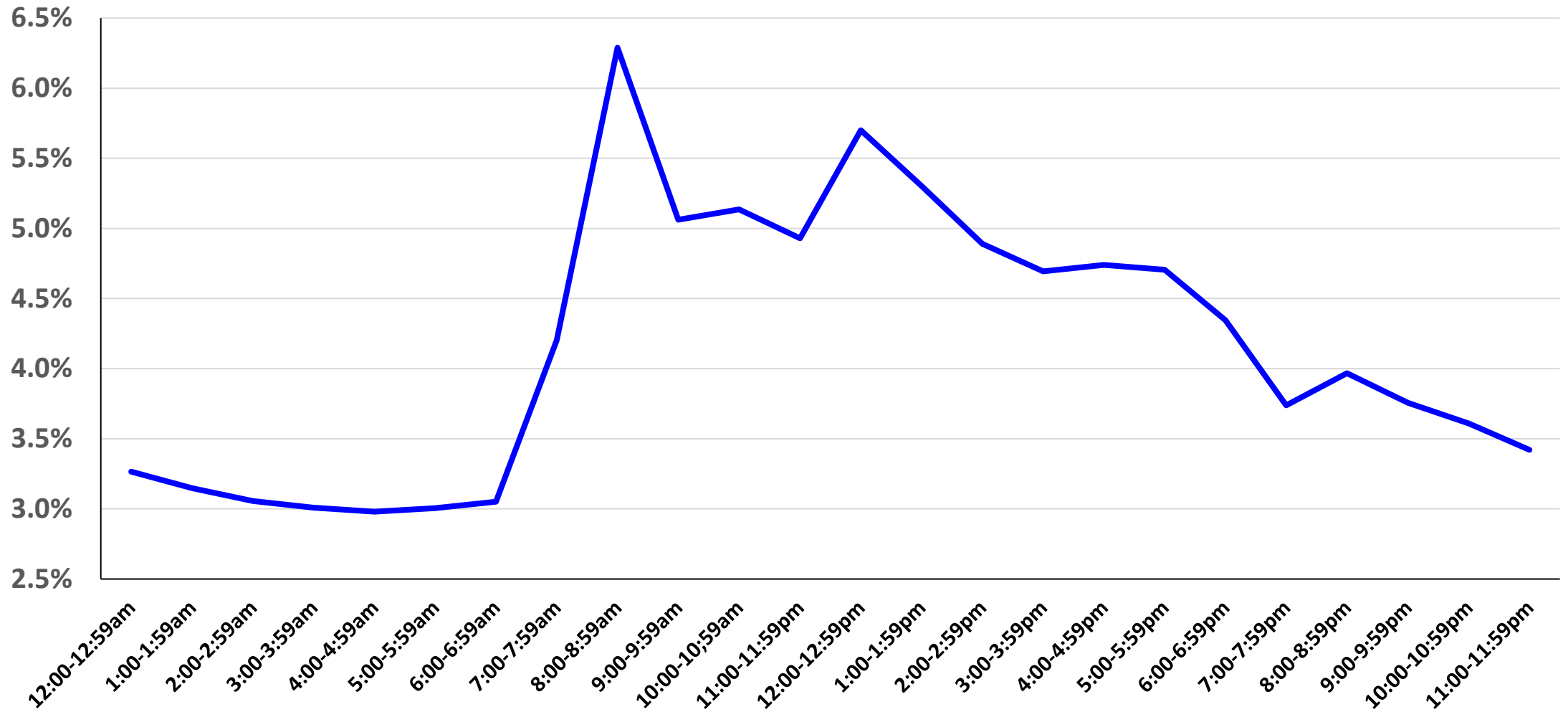


*Home and Birth Center

Source: 2023 NVSS Natality File; Kaiser I.H. & Halberg F. Circadian periodic aspects of birth. *Annals NY Acad Sci.* 1962. 98 (4):1056-1068

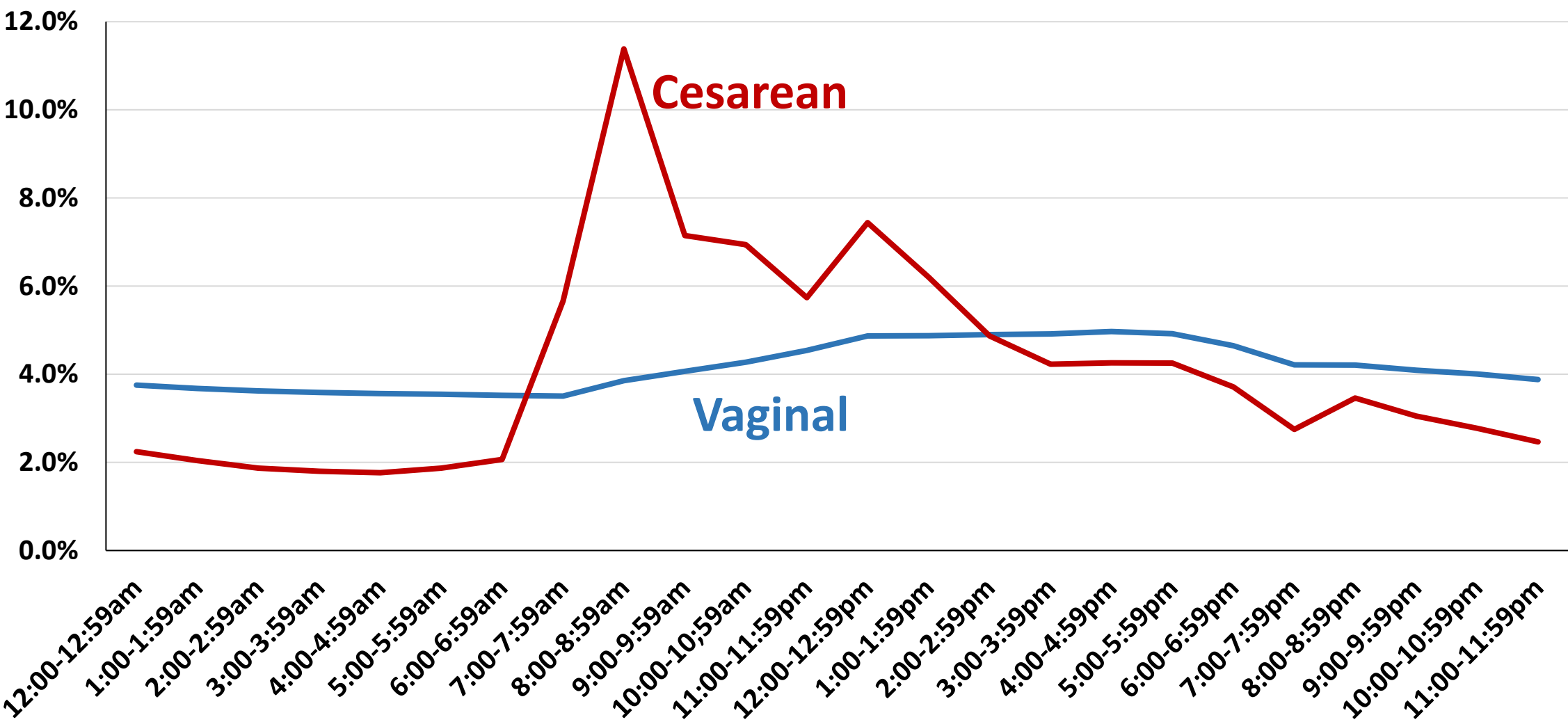


Timing of All Births, U.S., 2023



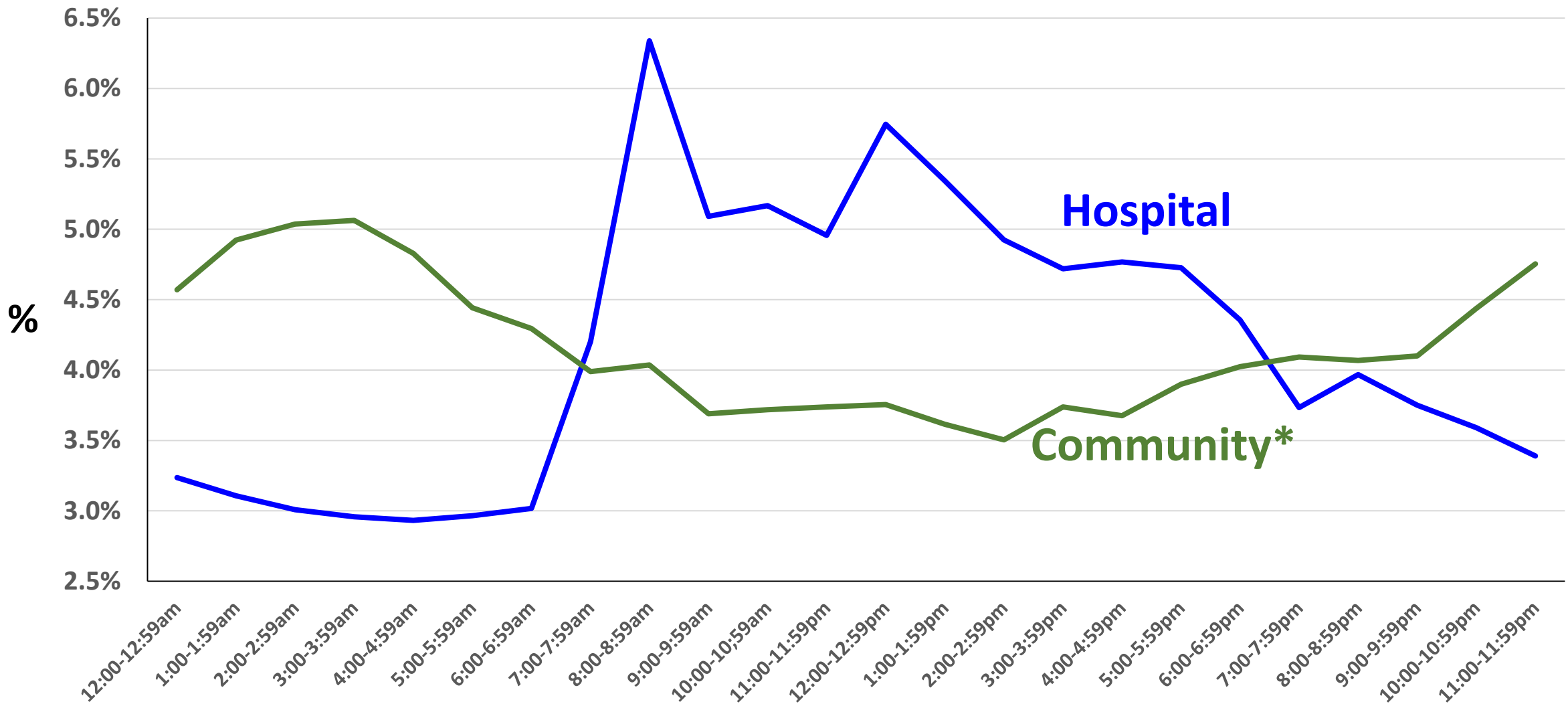


Timing of Births by Method of Delivery, U.S., 2023



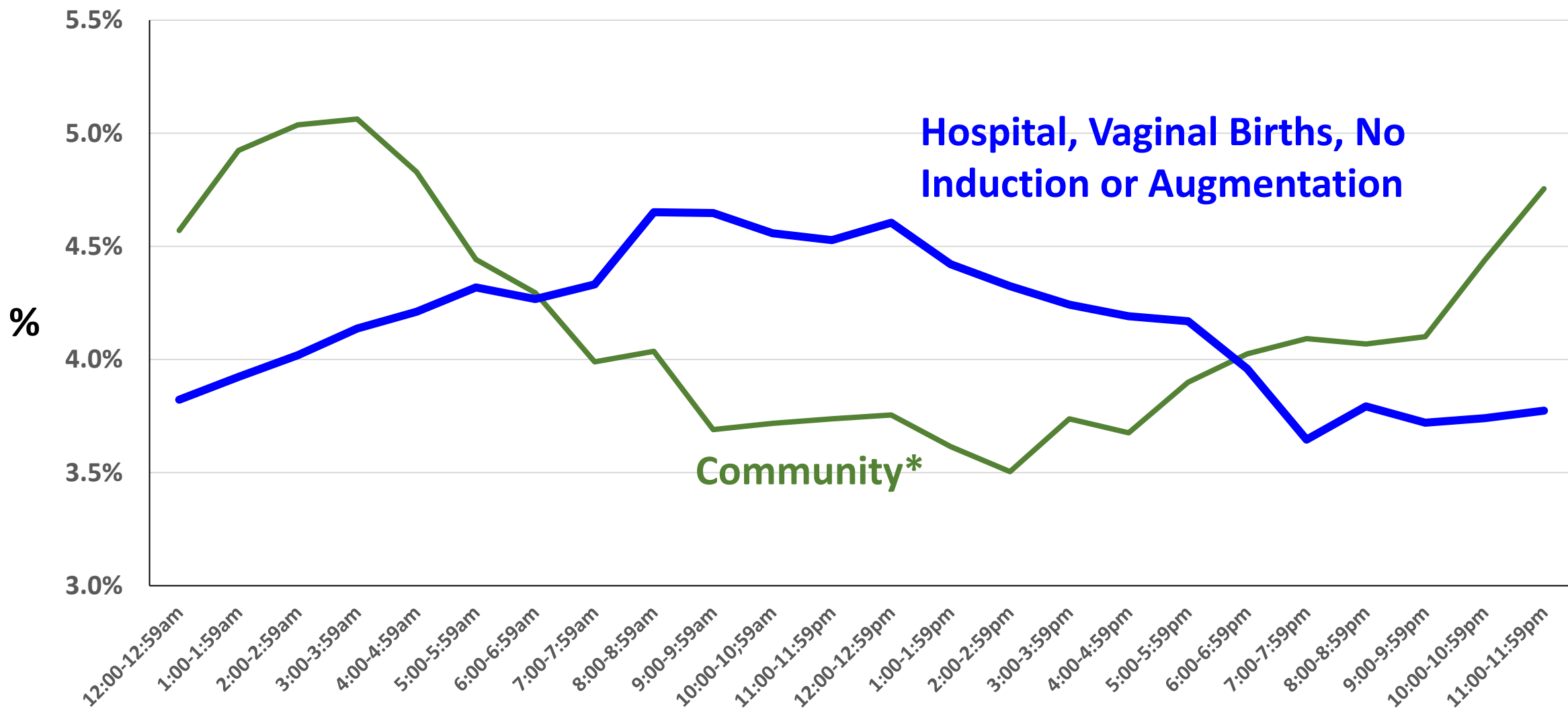


Timing of Births by Place of Birth, U.S., 2023





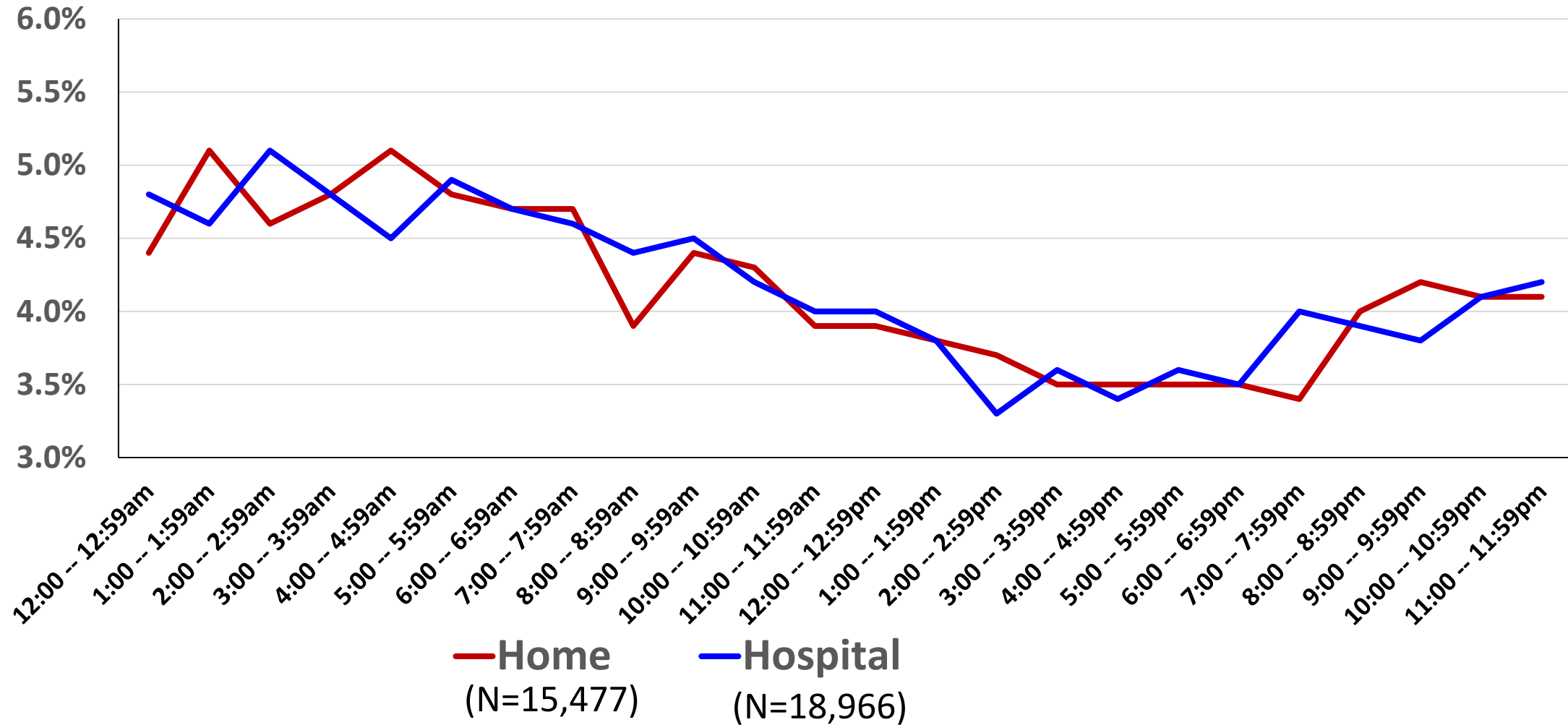
Timing of Births by Place of Birth, U.S., 2023



*Home and Birth Center



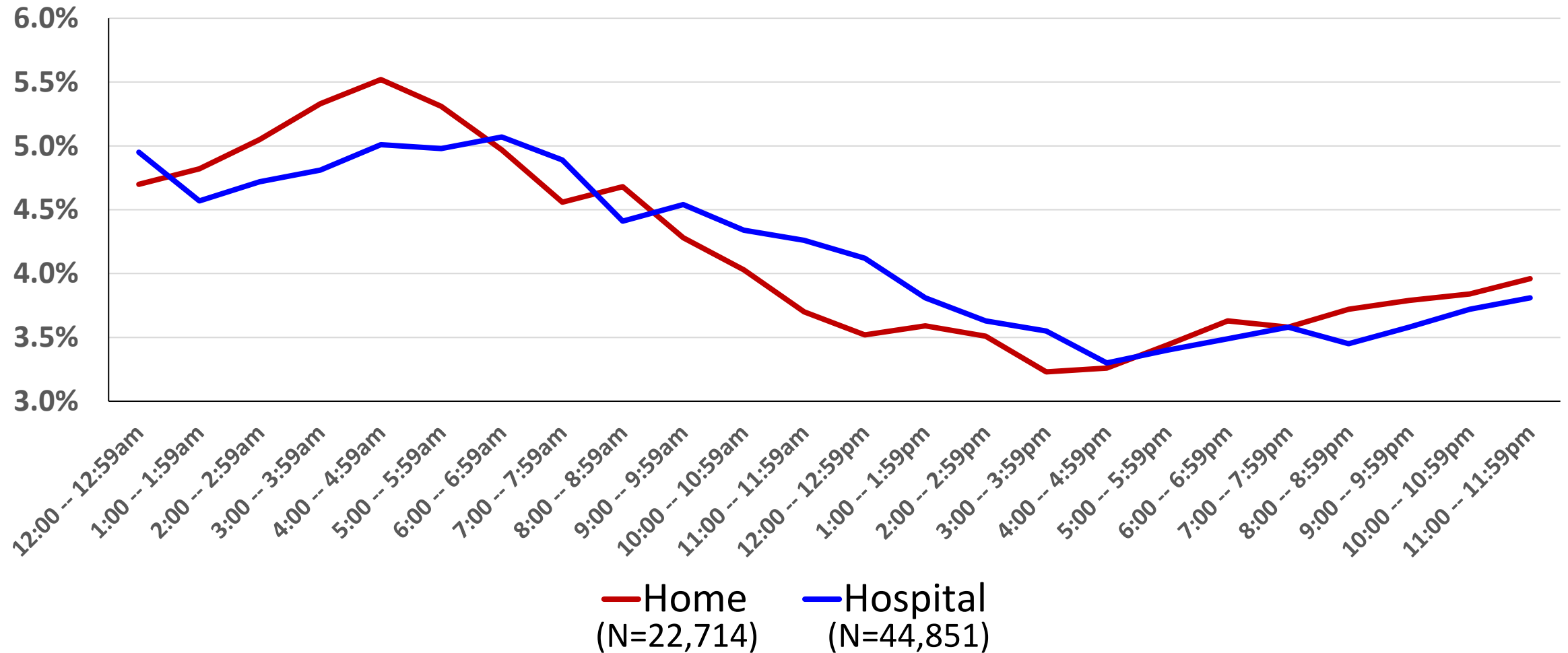
Births by Hour of Day and Place of Birth, (Home & Hospital Vaginal no Induction or Augmentation), England 2008-2010



Source: Birthplace Study reported in Declercq, E. et al. The natural pattern of birth timing and gestational age in the U.S. compared to England, and the Netherlands. *PLoS One*. 2023 Jan 18;18(1):e0278856.



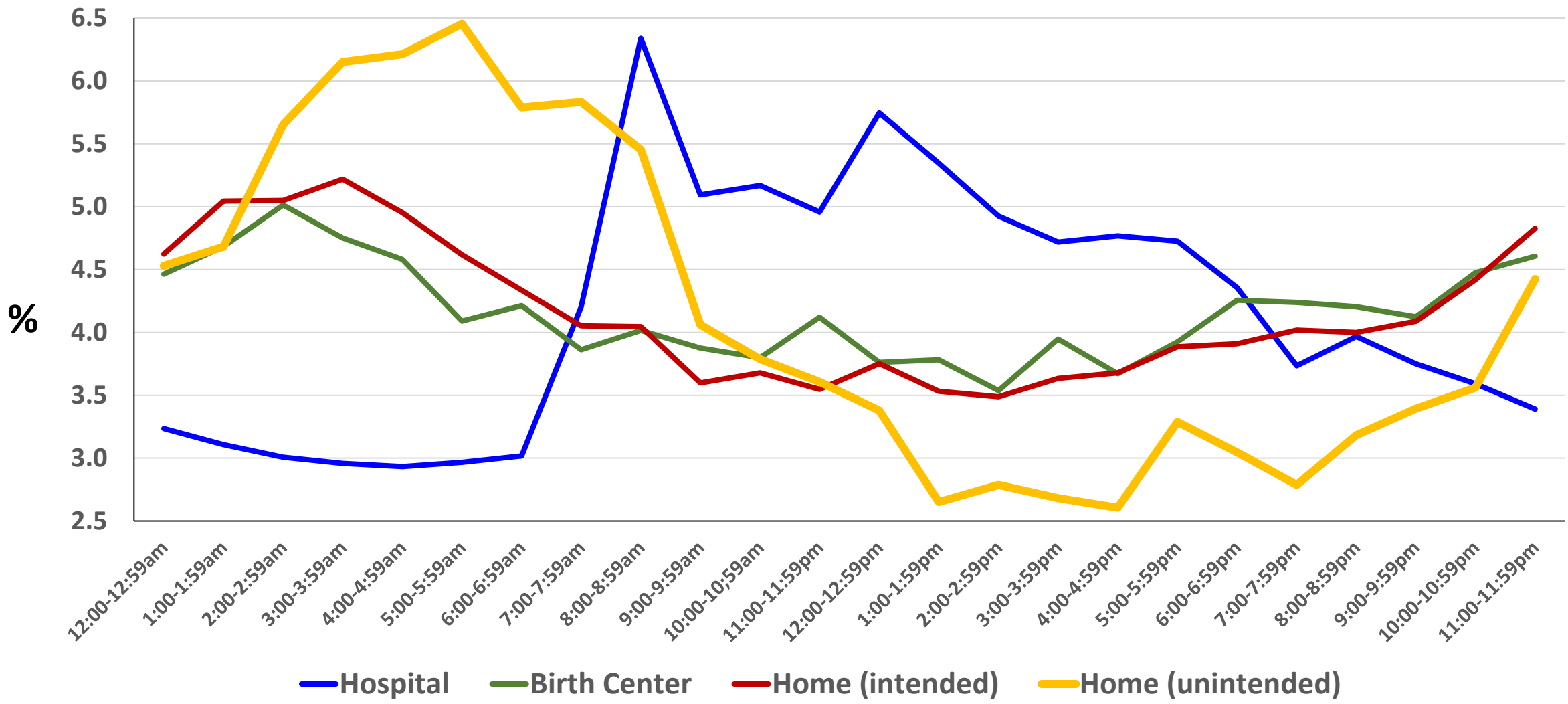
Births by Hour of Day and Place of Birth, (Home & Hospital Vaginal no Induction or Augmentation), Netherlands, 2014



Source: Peristat.nl reported in Declercq, E. et al. The natural pattern of birth timing and gestational age in the U.S. compared to England, and the Netherlands. *PLoS One*. 2023 Jan 18;18(1):e0278856.

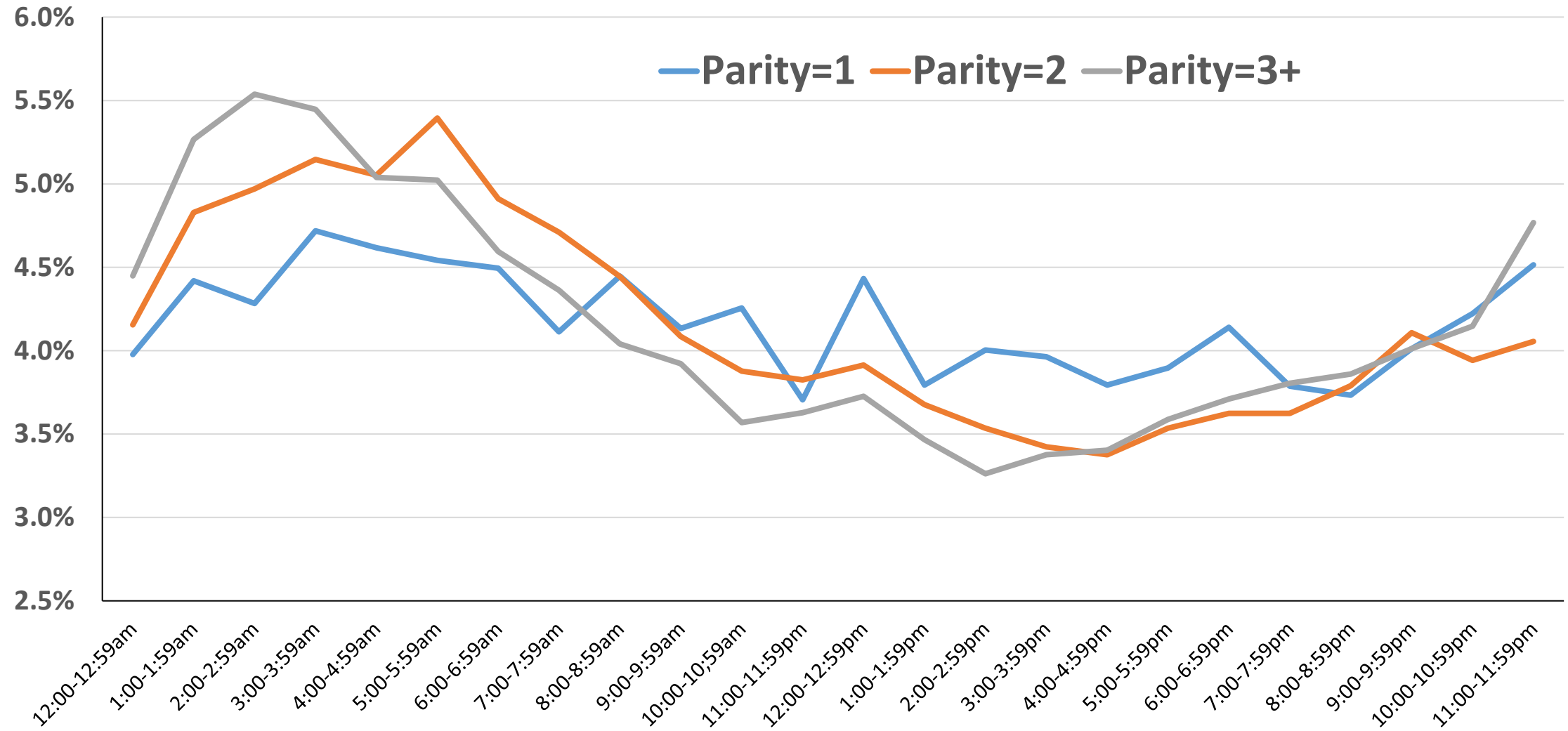


Timing of Births by Place of Birth, U.S., 2023



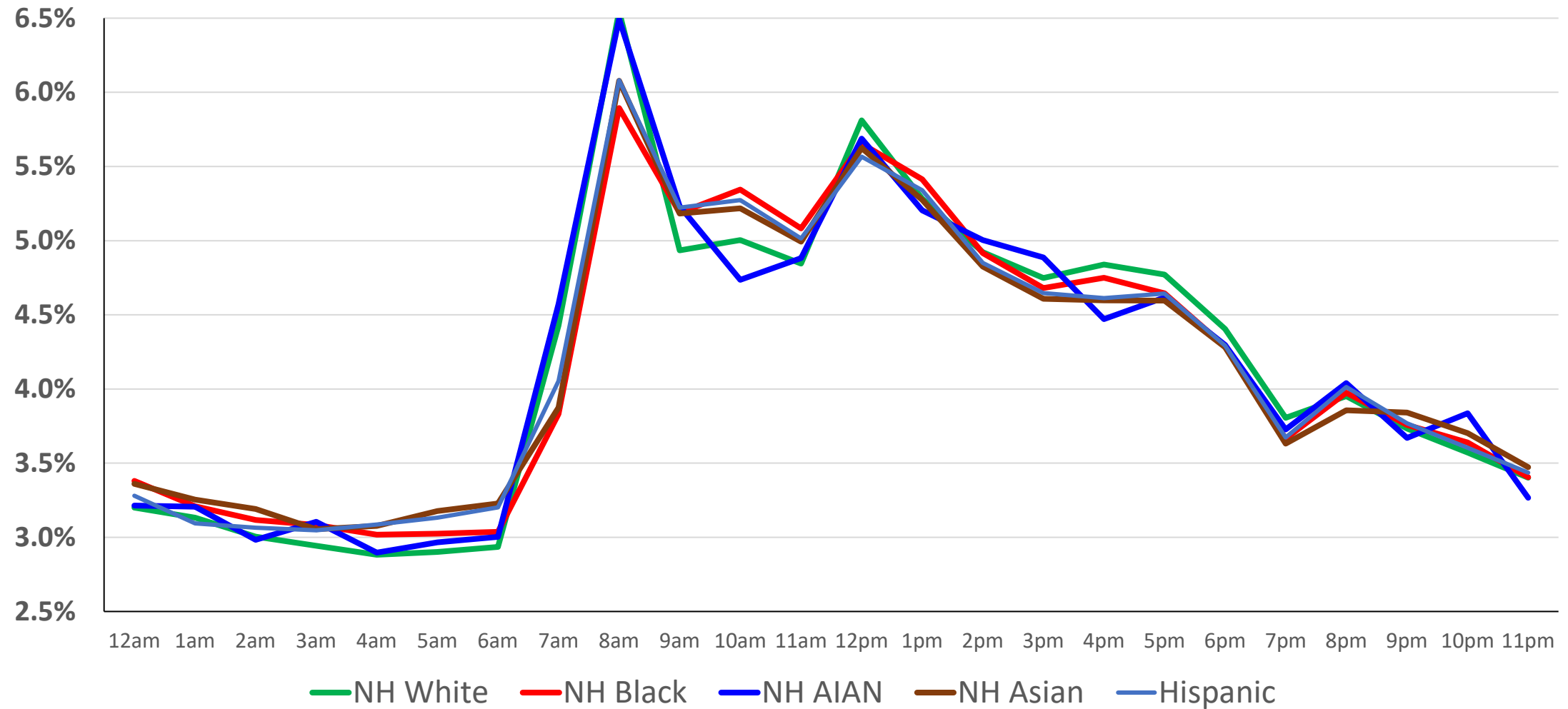


Distribution of Community Births by Hour & Parity, U.S., 2023



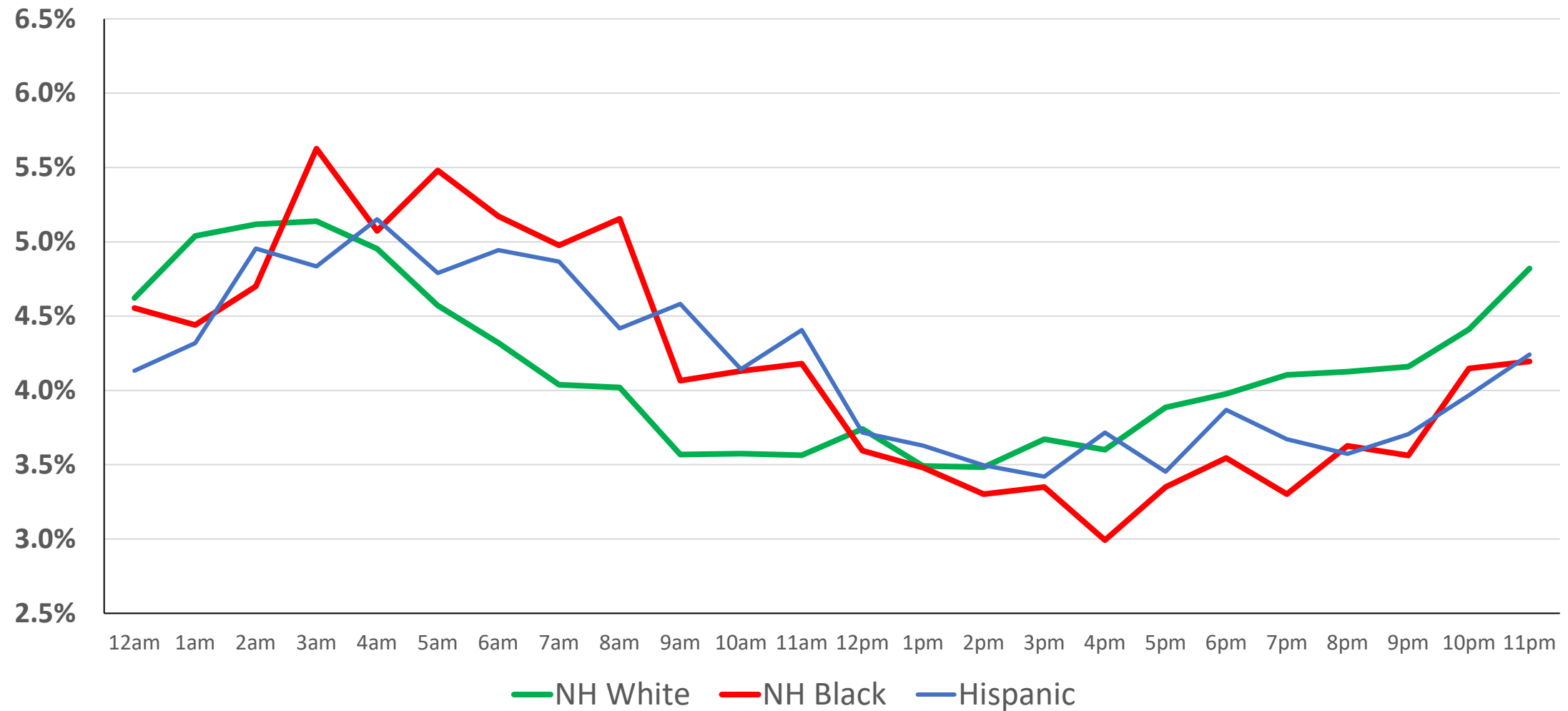


Births by Hour & Race-Ethnicity, U.S., 2023



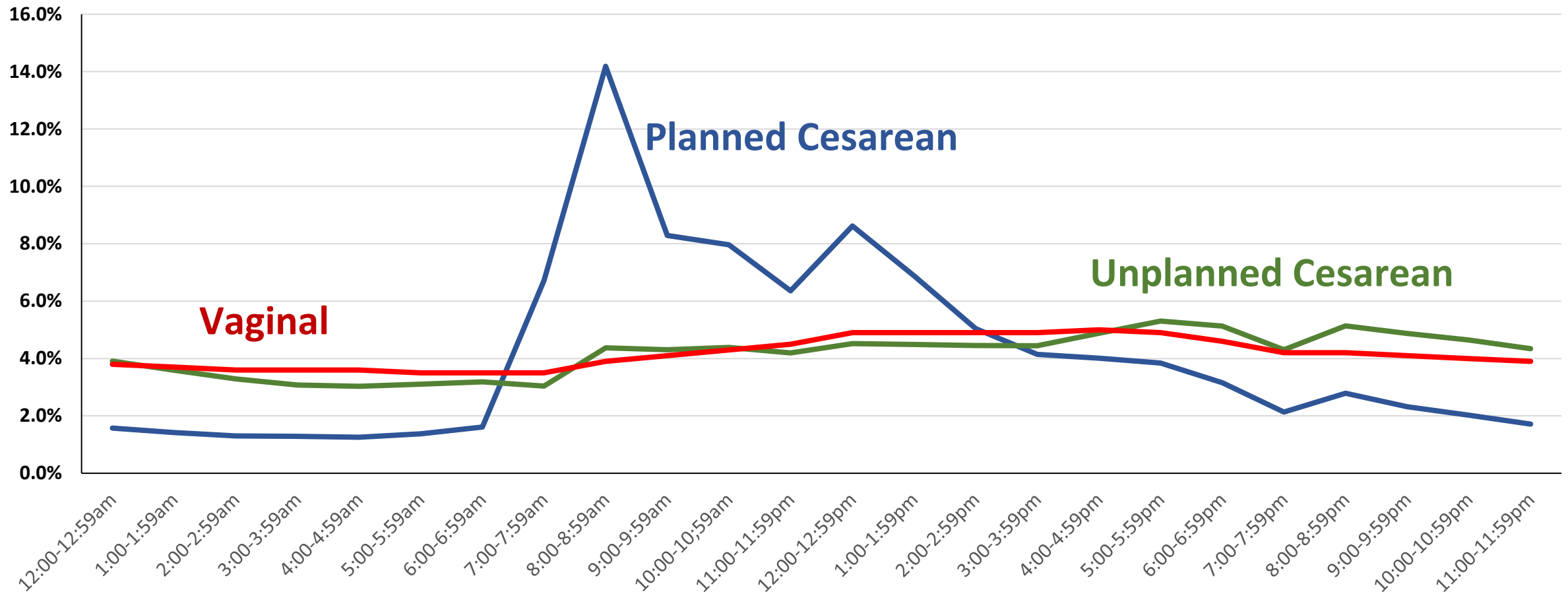


Community Births by Hour & Race-Ethnicity, U.S., 2023





Births by Hour of the Day in Planned & Unplanned Cesareans & Vaginal Births, 2023



Summary

- **Month.** In the U.S., births are most common August & least frequent in February.
- **Day.** U.S. births are most common from Tuesday to Thursdays overall, but that is driven by hospital births, particularly cesareans. Even hospital vaginal births peak Tuesday – Thursdays. Community births are distributed evenly across the days of the weeks.
- **Hour.** When we stay out of the way, births occur between around 1:00 am-4:00 am. Hospital births peak from 8:00 am -1:00 pm, again driven by scheduled cesareans.