

# Dads of Newborns Need More Sleep

The first month at home with a newborn leaves both parents exhausted and weary. This new routine affects dads the most. Although dads often get less than six hours of interrupted sleep, they still work the same long hours.

Unlike stay-at-home moms or mothers on maternity leave, dads have no time to compensate for lost sleep. Work hours do not allow time for a power nap. Dads risk sleep deprivation which could result in poor job performance, dangerous driving, reduced patience and inattentive care of the newborn.

During the newborn period, mom and baby need dad's support. If mom had a C-section or twins, dad's increased duties deprive him of sleep. *Moms, still recovering from the rigors of childbirth, often miss the signs of dad's fatigue.*

Rested dads can provide the help that mom and baby need. Schedule sleep into your daily routine so you can endure the sleepless nights.

Dads of newborns need help getting extra sleep during the newborn period. Some dads have tried these solutions.

- Take family leave once mom and baby get home from the hospital.
- Take a power nap at home. Darken the room, and set an alarm for 30-40 minutes.
- Eat 3 healthy meals, at regular times – daily.
- Avoid alcohol and caffeine 6 hours before bedtime.
- Try the sofa or an extra bed a couple of nights a week to get some undisturbed sleep.
- Find friends or family to watch the baby while you and mom sleep.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital  
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889  
10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

Revised 2017

