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To keep you up-to-date and in the know, we have compiled this ever-expanding archive of health articles. Herein a hand-picked selection of experienced and well-respected health professionals from a variety of fields dispense their expert knowledge on a variety of topics. Their unbiased opinions and recommendations are here to give you peace of mind about your favourite supplements and allow you to make an informed choice about which ones to take in the future.

Lack of sleep one of top new dad niggles



**Thursday, August 14, 2008**

Nearly a quarter of new dads admit that they regularly argue with their partner about the amount of [sleep](#) they get.

A survey by Colief Infant Drops found that 24 per cent regularly argue about sleep, with 26 per cent of dads in their early 20s claiming to get less sleep than their partners.

In contrast, 70 per cent of older dads admit that they get the most sleep.

The survey also revealed that 49 per cent of dads regularly get up in the night to feed their baby, yet 43 per cent still feel helpless when their baby cries.

Paula Hall, a sex and relationship psychotherapist, said that having a baby has a "massive impact" on most aspects of a couple's relationship, including emotional issues such as adapting to the responsibilities and roles of parenting.



Mary Buckley, founder of Colief Infant Drops, added: "When babies suffer from problems such as infant colic, which causes them to cry excessively, relationships can be stretched to the limit."

If you struggle to get enough [sleep](#), please click [here](#) for more information. © Copyright