



SLEEP SMARTER. PERFORM BETTER.

SAVE YOUR SLEEP DURING DAYLIGHT SAVINGS

Daylight Savings Time can be tough on everyone's sleep schedule, leading to fatigue, distraction and stress. Check out these science-backed tips for a good night's sleep as the seasons change.

SPRING AHEAD, FALL BACK, STAY ON TRACK

Twice a year, the clocks change by one hour as the amount of sunlight during the day decreases and increases with the seasons. This shift can make it harder to fall asleep and stay asleep for the recommended 8 or more hours each night.

See next page for tips to ease into the time change that you can print out and put on your fridge.

HOW MUCH SLEEP DO YOU NEED? ²

★
AGE 6-12

At least 9 hrs

★
TEENS

8-10 hrs

★
ADULTS






At least 8 hrs

TRY THESE PROVEN WAYS TO EASE INTO THE TIME CHANGE.

ABOUT 1 WEEK PRIOR TO CHANGING THE CLOCKS BACK ONE HOUR IN THE FALL:¹

- ▶▶ Each night leading up to when the clocks will change, go to bed 10-15 minutes later than the night before – this will help adjust your internal clock to prepare for the time change in the Fall (9-12 hours of sleep every night is best for children and teens²)
- ▶▶ Going to bed a little later each night leading up to the time change also means starting to wind down a little later – keep in mind that once the clocks are changed back one hour, it will be earlier when it gets dark

KEEP A CONSISTENT ROUTINE DURING DAYLIGHT SAVINGS:^{1,3}

-  **FIRST THING IN THE MORNING:** get up around the same time every morning and get some light! Turning on the lights or opening the curtains for natural sunlight right after waking up tells your brain to energize for the day
-  **EARLY AFTERNOON:** for adults and teens who choose to take an afternoon nap, 20 minutes is the ideal time length to wake up feeling rested without affecting your sleep at night
-  **LATE AFTERNOON:** get moving with some physical activity; exercise of any kind (even walking) is good for helping you sleep better
-  **EVENING:** eat a light, healthy dinner; consuming a heavy meal before bed can negatively affect your sleep
-  **BEDTIME:** go to bed around the same time every night and do a relaxing wind down routine, such as taking a hot bath or reading a book. Turn off screens and dim the lights at least an hour before going to sleep (bonus: hide the bedroom clocks so you don't worry about the time!)

ABOUT 1 WEEK PRIOR TO CHANGING THE CLOCKS FORWARD ONE HOUR IN THE SPRING:¹

- ◀◀ Each night leading up to when the clocks will change, start your nightly sleep routine 10-15 minutes earlier than the night before – keep in mind that once the clocks are changed forward one hour, it will be later when it gets dark



sleep  number.

REFERENCES

1. National Sleep Foundation. (2019). Working new hours? How to reset your sleep routine. Retrieved from <https://www.sleepfoundation.org/articles/working-new-hours-how-reset-your-sleep-routine>
2. Alliance for a Healthier Generation. (2018). Is your child getting enough sleep to perform at his or her best? How kids can sleep smarter and perform better. Retrieved from <https://www.healthiergeneration.org/articles/is-your-child-getting-enough-sleep-to-perform-at-his-or-her-best-how-kids-can-sleep>
3. Myers, D. G. & DeWall, C. N. (2016). Sleep and dreams. In Exploring psychology in modules, 10th edition (pp. 87-102). New York, NY: Worth Publishers.