

Changing Clocks = Changes in Sleep and Alertness

Many states across the United States set their clocks back this weekend for the end of Daylight Saving Time 2020. According to the Sleep Foundation, the time change can interfere with your personal health, sleep habits, and lifestyle. These time differences tend to result in difficulty falling asleep or increased wakefulness during the early parts of the night, especially since nightfall comes earlier.

Sleep disruptions may increase workplace accidents, promote drowsy driving, and affect your alertness while at work – creating potentially hazardous situations. It can take a little while to become adjusted and it is important to promote good sleeping habits to avoid these workplace occurrences.

The Sleep Foundation provides these tips for you to follow:

- Practice good sleep hygiene by avoiding caffeine, alcohol, and heavy dinners before bed
- Establish a consistent sleep routine with steady sleep and wake up times
- Gradually alter your bedtime to accommodate the time change
- Spend time outdoors to get exposure to sunlight to produce melatonin
- Nap in moderation in no more than 20-minute segments.



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Read more about sleep topics, sleep solutions, and additional sleep tips at the Sleep Foundation:
<https://www.sleepfoundation.org/circadian-rhythm/daylight-saving-time>.