

Fun Fact of the Week

Spring Forward With 10 Sleep Tips*

Daylight Savings Time is coming March 8! Will you be ready?

When we spring forward to daylight saving time, we lose an hour of sleep. Most of us feel the effect for a few days afterward. Use these 10 sleep tips to help you spring forward easily and sleep better all year long.



1. Gradually Transition Into the Time Change

To minimize the impact of the switch to daylight saving time, make gradual adjustments. Go to bed and put your children to bed 15 minutes early, starting several days before the change. Make an extra effort to be well-rested the week before the time change.

2. Give Yourself a Sleep Break After the Time Change

If you feel sleepy after the change to daylight saving time, take a short nap in the afternoon -- not too close to [bedtime](#). Avoid sleeping in an hour longer in the mornings. Your internal clock will adjust on its own in several days.

3. Know How Much Sleep You Need

Not everyone needs the same amount of sleep to be well-rested, and sleep requirements can change with age. To find your ideal number of hours, sleep without an alarm on weekends and see when you wake up naturally.

4. Keep Regular Sleep Hours

Go to bed and wake up at the same time each day. This helps your body regulate its sleep pattern and get the most out of the hours you sleep. If possible, wake up at the same time on the weekends, too, which makes Monday mornings easier to bear. You can also see how a nap affects your sleep quality. For some, napping can make nighttime sleeping harder; but for others, a short nap (20 minutes) can be revitalizing, without ruining their night's sleep.

5. Get Some [Exercise](#) During the Day

Even moderate [exercise](#), such as walking, can help you sleep better. Aim for at least 30 minutes of moderate exercise, three times a week or more. If you often don't sleep well, try not to exercise too close to [bedtime](#).

6. Avoid Stimulating Substances

Alcohol and [caffeine](#) (found in coffee, tea, [chocolate](#), and some pain relievers) can interfere with sleep. If you have [trouble sleeping](#), avoid alcohol and [caffeine](#) for 4 to 6 hours before [bedtime](#). Smokers should also avoid [tobacco](#), another stimulant, too close to bedtime.

7. Eat Lightly at Night

[Indigestion](#) from spicy or fatty food or having too much food in your [stomach](#) can cause [insomnia](#). For a better night's sleep, eat light, simple foods several hours before bed. If you get [hungry](#), have a snack of easy-to-digest food such as carbohydrates or dairy. Also, avoid too much liquid before bed so that you don't have to wake up to go to the toilet.

8. Relax Before Bed

Stress and overstimulation can make it hard to fall asleep. Try to avoid intense television programs or movies before bed. Relax with a soothing, warm bath and curl up with a book instead. Worry boosts production of the stress hormone cortisol, which makes you more alert. If [anxiety](#) keeps you awake, write out your schedule for the following day before going to bed, including possible solutions to challenges you may face.

If you're worried about hitting a deadline the next day, go to bed early and wake up early to work. Don't work late into the night. Your mind needs the rest. You may even need less time to finish your work.

9. Create a Sleep-Friendly Environment

Try sleep shades, earplugs, a white-noise machine, or all three.

Temperature helps, too: 60-75 degrees is considered the most comfortable. Also, you need a comfortable mattress.

If you have restless or [snoring](#) pets, keep them out of your room, along with all electronics, including your television, computer, DVD player, and stereo. Save your bedroom for sleep, [sex](#), and relaxing.

10. Get Up if You Can't Sleep

We've all had those nights when we can't fall asleep or we wake up and can't get our minds to shut down. Avoid watching the clock, which can create more [anxiety](#). If you've been awake more than 20 minutes, get up, go to another room, and do something relaxing to help you get drowsy. Keep the lights low, have some warm milk, read a book, or write about whatever may be on your mind until your eyelids get heavy.

* <https://www.webmd.com/sleep-disorders/spring-forward-with-10-sleep-tips#1>