

Fun Fact of the Week

5 TIPS TO PREP FOR DAYLIGHT SAVING TIME*

Love the additional hour of daylight in the afternoon, however struggle with the idea of waking up an hour earlier in the morning? Yeah, us too! This time of year is especially difficult for you early risers who fill up our early morning barre classes every day. We feel your pain and wrote this post with you in mind. Daylight saving time starts at 2 am on March 11th and although exchanging an hour of sleep for 6 months of more daylight seems like a no-brainer, in the moment, not so fun!



Try these surprisingly easy, healthy habits to mitigate the adverse effects of the dreaded time change. These tips will allow you to enjoy its intended purpose and soak up the sun!

1. Wake up earlier

Go to bed at the same time each night & wake up 10 minutes earlier starting now! Setting this new sleep schedule early will cause you to barely blink at the missed hour of sleep when the clocks spring forward.

2. Reduce your caffeine intake

We know that mid-afternoon coffee run is familiar and comforting, however it may be affecting your ability to get enough sleep during this time change. Switch to herbal tea mid-afternoon and notice if your quality of sleep improves.

3. Get outside

Go for a walk during that midday slump. Exerting a little more energy than normal will help you fall asleep at a decent time. Not to mention, absorbing some vitamin D midday will have a positive impact on your mood and productivity for the remainder of your workday.

4. Stick to your workout routine

Take class at the same time of day. The more routine you are before the time changes, the more likely it won't affect you when it happens. Routine rules in the face of change!

5. Calendar your fun

An hour less of sleep coupled with a full calendar of work makes for a somewhat gloomy day and week. Make time for some fun each week and schedule it on your calendar. Dinner with the girls – put it on the calendar. Hike with your new boyfriend – put it on the calendar. Taking a new personal development course this weekend – put it on the calendar. You see a theme here? Code your fun in your favorite color, check it a few times each week and notice an instant improvement in your mood!

**<https://barmethod.com/5-tips-prep-daylight-saving-time/>*