

SLEEP TIPS

Daylight Savings Time 2022



We switch our clocks twice a year. Once in the fall and then again in the spring. The Spring change is the most difficult of the two as we lose a precious hour of sleep. Daylight saving time in the United States is the practice of setting the clock forward by one hour when there is longer daylight during the day, so that evenings have more daylight and mornings have less. The U.S. Department of Transportation says daylight saving time saves energy, prevents traffic injuries and reduces crime. But it also comes with health consequences by its effect on our circadian rhythms and our daily routines. The Tampa General Sleep Disorders Medical Director, Dr. William Anderson recommends approaches to reduce the negative

effects from the time change. Dr Anderson states that it can take up to 7 days to shift your circadian rhythm to the time change. During this time, you may experience fatigue, irritability, and even have trouble sleeping. Below are sleep tips from the National Sleep Foundation. These tips not only will help with the time change but your overall sleep in general. Dr Andersons recommendation is to start shifting your sleep cycle slowly over the next few days prior to the clock change. Start by going to bed and waking up 15 minutes earlier over the next few days. This should lessen the impact of a sudden one-hour advance of our bodies internal clock.

Good luck and sleep well!

Sleep Tips – From the National Sleep Foundation

- 1. Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends.**
This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.
- 2. Practice a relaxing bedtime ritual.** A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety which can make it more difficult to fall asleep, get sound and deep sleep or remain asleep.
- 3. If you have trouble sleeping, avoid naps, especially in the afternoon.** Power napping may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short catnaps may help.
- 4. Exercise daily.** Vigorous exercise is best, but even light exercise is better than no activity. Exercise at any time of day, but not at the expense of your sleep.
- 5. Evaluate your room.** Design your sleep environment to establish the conditions you need for sleep. Your bedroom should be cool – *between 60 and 67 degrees*. Your bedroom should also be free from any noise that can disturb your sleep. Finally, your bedroom should be free from any light. Check your room for noises or other distractions. This includes a bed partner's sleep disruptions such as snoring. Consider using blackout curtains, eye shades, ear plugs, "white noise" machines, humidifiers, fans and other devices.
- 6. Sleep on a comfortable mattress and pillows.** Make sure your mattress is comfortable and supportive. The one you have been using for years may have exceeded its life expectancy – about 9 or 10 years for most good quality mattresses. Have comfortable pillows and make the room attractive and inviting for sleep.
- 7. Use bright light to help manage your circadian rhythms.** Avoid bright light in the evening and expose yourself to sunlight in the morning. This will keep your circadian rhythms in check.
- 8. Avoid alcohol, cigarettes, and heavy meals in the evening.** Alcohol, cigarettes and caffeine can disrupt sleep. Eating big or spicy meals can cause discomfort from indigestion that can make it hard to sleep. If you can, avoid eating large meals for two to three hours before bedtime. Try a *light snack 45 minutes before bed* if you're still hungry.
- 9. Wind down.** Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading. For some people, using an electronic device such as a laptop can make it hard to fall asleep, because the particular type of light emanating from the screens of these devices is activating to the brain. If you have trouble sleeping, avoid electronics before bed or in the middle of the night
- 10. If you can't sleep, go into another room and do something relaxing until you feel tired.** It is best to take work materials, computers and televisions out of the sleeping environment. Use your bed only for *sleep and sex* to strengthen the association between bed and sleep. If you associate a particular activity or item with anxiety about sleeping, omit it from your bedtime routine.
- 11. If you're still having trouble sleeping, don't hesitate to speak with your doctor or to find a sleep professional.** You may also benefit from recording your sleep in a *Sleep Diary* to help you better evaluate common patterns or issues you may see with your sleep or sleeping habits.

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