

Sleep and Time Changes



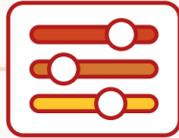
Time changes can disrupt your sleep routine. Help your body adjust with these simple tips.



Why Good Sleep Matters

Getting good sleep protects your mental and physical health. Perks of good sleep include:

- ✓ Enhanced learning, focusing and problem-solving skills
- ✓ Improved appetite control
- ✓ Increased protection from chronic health conditions
- ✓ Reduced risk of mental health issues
- ✓ Strengthened immunity



Powering Through the Changes

When facing a time change, two tips can help keep your sleep routine in good shape.

Relax and remember

Time changes can be tricky. Accept that it may take a couple of days to adjust fully and go on with life. Your sleep should get back to normal within a few days. If not, contact your doctor.

Slow and steady

Don't wait for a time change to adjust your bedtime. Starting a week before the time change arrives, shift your bedtime by 15-minute increments every couple of days.



Sleep Tight All Year

No matter what time of the year it is, proper sleep hygiene helps you get your Zs.



Eat smart

Avoid heavy meals, caffeine and alcohol before bedtime.



Exercise early

Work out a few times every week in the morning or afternoon.



Stay cool and dark

Keep your bedroom cool and dark when it's time for bed.

Struggling to get good sleep?

Find a doctor today: weillcornell.org/doctors