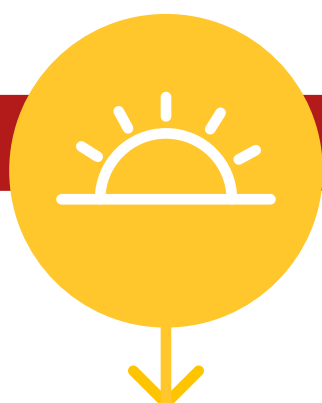




Weill Cornell Medicine

Don't Yawn Your Way Through Time Changes



Tired of feeling out of sorts after a time change?

A few steps can help keep your internal clock on time when time springs ahead or falls back.



Why It Matters

Going back and forth between daylight saving time and standard time can mess up your internal clock (circadian rhythm), affecting your mental, physical and emotional health.

In fact, losing an hour in the spring may increase your risk of:



Heart attack and stroke



Motor vehicle accidents



Worsened mental health symptoms

What You Can Do

To protect your overall health, prepare your body for time changes.



- ✓ **Adjust gradually.** Gradually adjust your bedtime by 15 minutes earlier each day for a few days before a time change to make the transition easier and more manageable.
- ✓ **Be consistent.** Once you've adjusted your bedtime, maintain a regular sleep schedule throughout the week, including weekends, to help stabilize your internal clock.
- ✓ **Prioritize extra sleep.** If you often feel tired, take advantage of the fall transition to incorporate an additional hour of rest into your routine.
- ✓ **Maximize natural light.** Try to get ample sunlight during the day, as it helps regulate your internal clock. Aim for outdoor exposure, especially in the mornings, to boost your alertness.
- ✓ **Time your meals wisely.** To promote better sleep, avoid heavy meals, caffeine and alcohol close to bedtime. Eating light in the evening can support your sleep quality.
- ✓ **Limit screen time.** Keep your bedroom dark and quiet for better rest. Reduce screen usage in the hour leading up to bedtime to help your mind unwind.

Concerned about your sleep?

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