DON'T FORGET TO FALL BACK

Source: Old Farmers Almanac

Ready to "fall back" on Sunday, November 5? Here are 5 tips to help make the impending Daylight Saving Time change go more smoothly!

5 Tips to Adjust to Time Changes

1. **Go to bed and get up at the same time**. Get at least seven hours of sleep on the day(s) before and after the transition. Lack of sleep tells the body to store fat. While staying up later or changing your habits is tempting, it's best to keep your bed times consistent. The closer you stick to your normal routine, the faster your body will adjust to the time change.

2. **Practice good habits before bedtime**. In the days after the time change, quit caffeinated beverages 4 to 6 hours before bedtime. Avoid alcohol in the evening. If you are exercising, avoid workouts within 4 hours of bedtime because raising your body's core temperature can make it harder to fall asleep.

3. **Keep your dinnertime consistent**. **Eat more protein, less carbs.** On the days around the time change, eat at the same time or even eat a little early. To ease the transition, shift your mealtime forward 15 minutes for a few days in a row.

4. **Get more light**! Go outside and get exposure to morning sunlight on the Sunday after the time change to help regulate your internal clock. Having shorter daylight hours affects our mood and energy levels, decreasing serotonin. Make time to take a morning or early afternoon walk outside when the Sun is out. Try using a light therapy box or an alarm light that brightens as you wake up.

5. **Take a short cat nap**. Some folks may disagree, but if you're starting to stack up sleepless hours, it's safer and healthier for your body to give in to a short nap than to continue without sleep. Make it a short nap (no more than 20 minutes) to restore lost sleep hours; however, do NOT take long naps. It may help to go outside into the natural sunlight to cue your body and help retrain your inner clock.

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800-324-4327

Interface Behavioral Health