

SPRING FORWARD!

DAYLIGHT SAVINGS TIME WILL SOON ARRIVE

Will begin on Sunday, March 12th at 2:00 a.m. when clocks will be set forward 1 hour.



WHAT TO EXPECT



- A bit more tired than usual when you wake up in the morning.
- Slightly worse mood because you are tired and sleepy.
- It may take a week for your body to reset to Daylight Savings Time.

ARE YOU AN EVENING TYPE?



- If yes, then Daylight Savings Time will require more of an adjustment for you.
- If no, you will find the End of Daylight Savings Time a bit more challenging for you.

7

STRATEGIES FOR MAINTAINING YOUR EDGE

1



Get ready now by going to bed 15-20 minutes earlier each night.

2



Sleep 7-9 hours each night especially since you are getting up 1 hour earlier.

3



Get up when the alarm clock rings. Don't hit the snooze button.

4



Hit the sun when you wake up to reset your biological clock for high performance.

5

Stop drinking alcohol and caffeinated beverages one hour earlier than normal. Tobacco use too.



6



Take a 20 minute nap but not longer to give you an energy boost

7



Accidents of all types increase, including car accidents. Don't drive when drowsy.

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365 Sleep Tips

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