SLEEP TIPS TO SPRING FORWARD TO DAYLIGHT SAVING TIME

NEGATIVE EFFECTS CAUSED BY LOSING AN HOUR OF SLEEP CAN LAST 5-7 DAYS:

- Fatigue
- Poor Productivity
- Mood Problems
- Increased Accident Risk

PLAN AHEAD!
TAKE THESE STEPS DURING THE WEEK BEFORE THE TIME CHANGE:

1. Go to bed 15-20 minutes earlier each night
2. Adjust the timing of daily routines that are “cues” for your body
3. On Saturday, set the clocks ahead one hour in the early evening
4. Head outdoors for early morning sunlight on Sunday
5. Stick to your usual bedtime on Sunday night

FOLLOW AASM SLEEP DURATION RECOMMENDATIONS AND USE A BEDTIME CALCULATOR BEFORE AND AFTER THE TIME CHANGE TO PROMOTE OPTIMAL HEALTH:

- Children 1 to 2 years old: 11 to 14 hours (including naps)
- Children 3 to 5 years old: 10 to 13 hours (including naps)
- Children 6 to 12 years old: 9 to 12 hours
- Teens 13 to 18 years old: 8 to 10 hours
- Adults: 7 hours or more