Did you know?

Sleep experts from Northwestern Memorial Hospital in Chicago warn that the one-hour shift in time can be disruptive to sleep patterns and routines, take one week to adjust to new routines.

According to EHS Today, vehicle crashes increase from 3.5 percent to 10 percent during the week that follows the time change.

Exposure to artificial light increases as the end of DST approaches.

A study by Kirchberger and colleagues (2015) reported that men and persons with heart disease may be at higher risk for a heart attack during the week after the time changes.

10 Ways to Ease into the Loss of DST

- Three days before a time change, adjust sleep time 15-20 min each day
- Be extra vigilant while driving, beware of others around you
- Try not to eat, surf the Internet, eat, watch TV in the bedroom
- Exercise to burn off excess energy, don’t exercise 2 to 3 hours prior to going to bed
- Reduce demanding physical and mental tasks a week
- Use full-spectrum light bulbs
- Use high-quality monitor glare guard or products with high efficiency anti-reflective coating
- Limit caffeine and alcohol consumption to avoid sleep disruptions
- Remember to adjust your pet’s sleep schedule
- Take a hot shower, then get into a cold bed

November 4, 2018 at 2:00am marks the end of Daylight Saving Time!

While an extra hour of sleep sounds amazing, sleep experts warn that the one-hour shift in time can be disruptive to sleep patterns and routines, cause an increase in vehicle accidents, and increase the risk for various health issues.