

Safety Flash - The End of Daylight Saving Time (DST)

Presented by SBCCD Environmental Health & Safety

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.



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 it takes 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



Use full-spectrum light bulbs



Be extra vigilant while driving, beware of others around you



Use high-quality monitor glare guard or products with high efficiency anti-reflective coating



Try not to eat, surf the Internet, eat, watch TV in the bedroom



Limit caffeine and alcohol consumption to avoid sleep disruptions



Exercise to burn off excess energy, don't exercise 2 to 3 hours prior to going to bed



Remember to adjust your pet's sleep schedule



Reduce demanding physical and mental tasks a week



Take a hot shower, then get into a cold bed

