Daylight saving time ends on the first Sunday in November. Even a small change like “falling back” an hour can affect your sleep cycle. These tips can help you plan ahead to reduce the impact DST has on your sleep and overall wellness.

**GRADUALLY ADJUST YOUR SCHEDULE**
Slowly adjust your schedule by waking up 15 – 20 minutes earlier each day the week leading up to the time change.

**UPGRADE YOUR SLEEP HYGIENE**
Create an environment that promotes sleep. Go to sleep at the same time every day, even on weekends. Use a sleep mask to block out light. Use ear plugs to reduce noise.

**PRIORITIZE DAYLIGHT EXPOSURE**
On the days following the end of DST, make time for daylight exposure. This can help your body’s internal clock adjust to the new timing of light and dark.

**TAKE A SHORT NAP IF NECESSARY**
Grappling with daytime sleepiness? A short nap may help. To boost your alertness, research shows it’s best to nap in the early afternoon and for under 30 minutes.

**EAT A HEALTHY DIET**
A balanced diet with lots of fruits and vegetables has been associated with better sleep. Also avoid eating heavy meals and having caffeine or other substances like alcohol a few hours before bed to promote restful sleep.

**CONSIDER RELAXATION TECHNIQUES**
Try basic deep breathing or mindfulness meditation to bring calm to your mind and body before bed. These relaxation methods can make the transition into sleep smoother.

Find more sleep-related resources and tips at: mhealthy.umich.edu/sleep