

6 TIPS TO “FALL BACK” TO SOUND SLEEP

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.



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.



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.



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.



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.



EAT A HEALTHY DIET

A balanced diet with lots of fruits and vegetables has been associated with better sleep. Also avoid eating heavy meals, having caffeine and drinking alcohol at least a few hours before going to bed to promote restful sleep.



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