Better Sleep & Safer Homes

Daylight savings time can affect your sleep. Follow these tips to sleep better year-round.

- Remove Distractions
  - Remove all technology from the bedroom (TV, video games, iPad, laptops, etc.)

- Turn it off
  - Turn off all technology 30 minutes before bed

- Set Limits
  - Limit caffeine after lunch

- Have a routine
  - Develop a “going to bed” routine using relaxation and soothing activities

- Be Consistent
  - Go to bed and wake up at the same time every day, even with the time change

- Home Safety Checklist
  - Replace Batteries in smoke detectors and carbon monoxide detectors
  - Update Smoke Detectors
    - Replace outdated smoke and carbon monoxide detectors
  - Expired Medication
    - Check and properly discard expired prescription and over-the-counter medicines
  - Emergency Kits
    - Prepare emergency kits for home and auto

Daylight Savings
- Spring forward 1 hour the second Sunday in March.
- Fall behind 1 hour the first Sunday in November.

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