



# Better Sleep & Safer Homes

## Daylight savings time can affect your sleep.

### Follow these tips to **sleep better year-round.**

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

#### 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Replace outdated smoke and carbon monoxide detectors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



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