



Better Sleep, Safer Homes

Daylight Saving Time can affect your sleep.

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

Time Changes

Spring forward 1 hour the second Sunday in March, fall behind 1 hour the second Sunday in November.

Remove Distractions

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

Turn It Off

Turn off all technology at least 30-60 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



Time Change Checklist

Change Batteries

in Smoke & Carbon Monoxide Detectors

Replace Outdated Smoke & Carbon Monoxide Detectors

Check & Discard Expired Medication

Update Emergency Kits at Home & in Vehicles



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