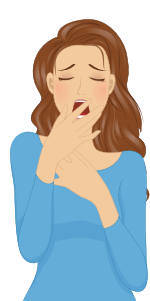


# SLEEP TIPS TO SPRING FORWARD TO DAYLIGHT SAVING TIME



**NEGATIVE EFFECTS CAUSED BY LOSING AN HOUR OF SLEEP CAN LAST 5-7 DAYS:**



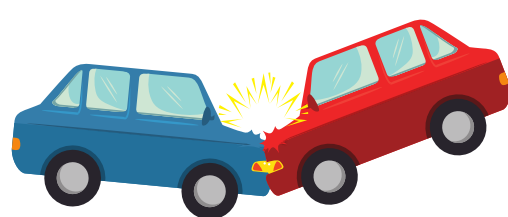
**FATIGUE**



**POOR  
PRODUCTIVITY**



**MOOD  
PROBLEMS**

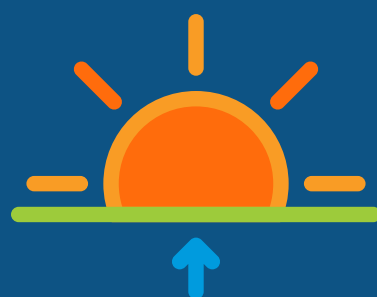
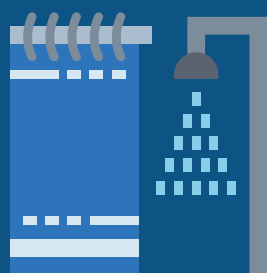


**INCREASED  
ACCIDENT RISK**

## PLAN AHEAD!

**TAKE THESE STEPS DURING THE WEEK BEFORE THE TIME CHANGE:**

- 1.** Go to bed 15-20 minutes earlier each night
- 2.** Adjust the timing of daily routines that are "cues" for your body
- 3.** On Saturday, set the clocks ahead one hour in the early evening
- 4.** Head outdoors for early morning sunlight on Sunday
- 5.** Stick to your usual bedtime on Sunday night



**FOLLOW AASM SLEEP DURATION RECOMMENDATIONS AND USE A BEDTIME CALCULATOR BEFORE AND AFTER THE TIME CHANGE TO PROMOTE OPTIMAL HEALTH:**

- Children 1 to 2 years old: 11 to 14 hours (including naps)
- Children 3 to 5 years old: 10 to 13 hours (including naps)
- Children 6 to 12 years old: 9 to 12 hours
- Teens 13 to 18 years old: 8 to 10 hours
- Adults: 7 hours or more