

## Adjusting to Daylight Saving Time: Protecting Your Sleep

*March's time change is a reminder that quality sleep plays a critical role in overall health.*

March brings the start of Daylight Saving Time, which can temporarily disrupt sleep patterns and daily routines. **1 in 3 adults do not get enough sleep**, and even small disruptions to sleep schedules can affect mood, focus, and overall well-being.

Because sleep is closely connected to heart health, immune function, and mental health, maintaining **consistent sleep habits** during time changes is especially important. As clocks move forward, March serves as a helpful reminder to **prioritize** restorative sleep and reinforce routines that support long term health.

### Healthy Habits For Better Sleep

- Maintain a consistent sleep schedule:** Go to bed and wake up at the same time each day, even on weekends
- Limit screen exposure in the evening:** Avoid phones, TVs, or laptops at least 30-60 minutes before bed
- Stay physically active during the day:** Aim for 10,000 steps throughout the day to support better sleep
- Aim for 7-9 hours of sleep per night:** Plan your bedtime based on your morning schedule



SOURCE: THE CENTERS FOR DISEASE CONTROL AND PREVENTION