



## Daylight saving Time & Sleep: How to Adjust Your Schedule

Twice a year, we reset our clocks for daylight saving time. Depending on the time of year, we either lose or gain an hour, “springing forward” or “falling back.” While many of us have grown up with daylight saving time, a 2020 survey found that 63% of Americans support abolishing daylight-saving time. While there has been some chatter about getting rid of the time changes, we likely will still be dealing with daylight savings in 2025.

If you struggle with sleep, know that time changes and sleep are connected. If your sleep quality is impacted, here are some tips for navigating the change. Why is sleep important during daylight savings?

Time changes help increase the amount of daylight available after your workday (although after the fall change, it doesn't feel like that), but it can leave you feeling tired or groggy for several days afterward. The abrupt change and disruption in sleep may also have some long-term consequences for mental health that researchers are still seeking to understand.

When it comes to daylight savings, keeping a consistent sleep schedule while adjusting for the time change can help your body stay on track.

**What is daylight saving time?** Daylight saving time is between March and November when clocks in most of the United States get moved forward. Daylight saving time was used during World War I to help conserve fuel, as it reduces the need for artificial light. It was officially implemented in 1966 with the Uniform Time Act.

Arizona and Hawaii do not observe daylight saving time. Many countries observe daylight saving time, but not all do, which can create confusion when it comes to travel schedules or international communication.

### How does daylight savings affect your sleep?

The time changes are known to disrupt sleep patterns, making you more restless at night. The impact is due to the change in the light schedule of the day, which can disturb our sleep-wake signals. The body needs light to wake up and darkness to produce melatonin, a hormone that tells us it's time to sleep.

It is such an abrupt change that it can impact the quantity and quality of your sleep. The change can also impact your ability to think clearly or feel alert during the day. A 2020 study found that accidents caused by human error increased by 18% after a springtime change but only 5% after the fall change.

Some experts believe daylight saving time may have longer-term health impacts beyond sleep. A hospital study in Michigan found a 24% increase in heart attacks on the Monday after daylight savings, and another study found that the risk of stroke was 8% higher. A reduction in sunlight may also increase the rates of seasonal depression.

### Daylight savings 2025: Key dates and transition tips

The springtime change happens on the second Sunday in March when the time moves up one hour. In 2025, the springtime change will happen on March 9.

In the fall, daylight saving time happens on the first Sunday in November. In 2025, the fall time change will happen on Nov. 2.

A few days before, consider making some changes to your sleep pattern to ease into the transition, using the tips below.

#### Practical tips for managing sleep during daylight savings

There are several ways you can get your sleep back on track after a time change. A few things you might want to try including:

1. Adjust your bedtime before the change. Shifting your sleep schedule by 15-20 minutes earlier for the two to three days before the time change can help you adjust.
2. Limit caffeine after noon. Sensitivity to caffeine can vary based on the individual, but limiting your caffeine intake to before noon as you transition is best if you are struggling with daylight saving time.
3. Spend time outside in the morning. When your eyes are exposed to natural light in the morning, this helps reset your internal clock. Aim to spend at least 20-30 minutes outside or near a window.
4. Try to get at least seven hours of sleep. Adjust your schedule to allow for at least seven hours of sleep each night, the minimum for most adults.
5. Exercise regularly. Physical activity can help you get more restful sleep; just avoid exercising within two hours of bedtime.