Published on *University of Colorado* (https://www.cu.edu)

Daylight Savings ends on Nov. 1, but it doesn't have to affect your sleep [1]



October 19, 2020 by Employee Services [2]

While many people enjoy the Fall clock change and the extra hour in the morning, there are also those of us who find it to be another disruption to our internal clock. Luckily, taking these steps can help you adjust more quickly:

Before the Clock Change

Keep your sleep schedule

Defining your bedtime and rise time and sticking with it is a great way to enjoy satisfying, efficient sleep.

Have a wind-down routine

Making time for a relaxing nighttime ritual can help your body wind down before bed.

Have a wake-up routine

Avoid the snooze, get out of bed immediately upon awakening, and expose yourself to bright light. These habits will help eliminate that initial feeling of grogginess faster.

After the Clock Change

Get outside

Exposing yourself to sunlight stabilizes your biological clock and helps with nighttime sleep.

If you have to nap, keep it short and early

If you’re feeling fatigued, shutting your eyes briefly is healthier than continuing without sleep. But be warned! Daytime naps can interfere with nighttime sleep if they’re too long and too late in the afternoon.

Still struggling with poor sleep? Try Sleepio, an online, science-backed sleep improvement program that can help you get to the root of stubborn sleep. To get started take the 2-minute sleep test to discover your Sleep Score and how to improve it: www.sleepio.com/cuhealthplan [3].

If you have any questions, email the Sleepio Team at hello@sleepio.com [4]. We're here to help.

sleepio [5], Wellness [6]

Display Title:
Tips to 'Fall back' without falling behind on good sleep. [alt] Are you ready for the clock to turn back? Sleepio can help.

Send email when Published:
No

Source URL:https://www.cu.edu/blog/work-life/daylight-savings-ends-nov-1-it-doesnt-have-affect-your-sleep

Links
[1] https://www.cu.edu/blog/work-life/daylight-savings-ends-nov-1-it-doesnt-have-affect-your-sleep
[2] https://www.cu.edu/blog/work-life/author/34887 [3] http://www.sleepio.com/cuhealthplan
[4] mailto:hello@sleepio.com [5] https://www.cu.edu/blog/work-life/tag/sleepio
[6] https://www.cu.edu/blog/work-life/tag/wellness