



For Immediate Release

Salem Sleep Center Offers Tips To Help 'Spring Forward' To Daylight Saving Time



(SALEM, OHIO) - March 11, 2022 - Sunday, March 13 marks the beginning of Daylight Saving Time (DST), when clocks are moved ahead one hour to maximize sunlight during the spring and summer months.

While many people welcome the extra hour of daylight, "losing" just one hour of sleep can disrupt a person's sleep cycle and cause sleepiness and fatigue.

Tips to Sleep Better During DST

As Daylight Saving Time approaches, the Salem Sleep Center offers tips to lessen the impact of the time change and improve sleep quality:

- **Gradually Adjust Your Bedtime:** A few days before the time change, start going to bed 15 to 20 minutes earlier than usual each night to ease your body's transition to the new time.
- **Get Some Natural Light:** Once Daylight Saving Time begins Sunday morning, head outside for some natural light to increase alertness and help your body adjust to the change.
- **Reduce Screen Time:** The bright light emitted by electronic devices can make it harder to fall asleep. Limit your exposure by turning off your TV, smartphone, tablet or laptop at least an hour before going to bed.
- **Nap in Moderation:** Resist napping late in the day, which can make it harder to get a full night's sleep. If you must take a nap, make it early and for no longer than 20 minutes.
- **Watch Caffeine and Alcohol:** Avoid caffeine and alcohol starting at least 4 hours before bedtime. Both can have a disruptive effect on sleep.

Most people will adjust to the time change within a day or two. However, persistent sleep problems may indicate a more serious sleep disorder.

When to Seek Help for Sleep Problems

About 70 million Americans suffer from some type of chronic sleep problem. Sleep disorders are conditions that affect a person's ability to fall or remain asleep, make it difficult to stay awake during the day, impact a healthy sleep schedule or result in unusual behaviors that disrupt sleep.

Some of the most common sleep problems include:

- **Obstructive sleep apnea**, where a person stops breathing during sleep.
- **Restless leg syndrome**, where a person experiences an intense and often irresistible urge to move their legs.
- **Narcolepsy**, where a person has difficulty controlling whether they sleep or stay awake.
- **Insomnia**, where a person has trouble falling asleep or staying asleep.

Local Care for Sleep Disorders

The Salem Sleep Center offers a comfortable setting for a variety of diagnostic sleep studies that can help identify sleep problems. A service of Salem Regional Medical Center, the Salem Sleep Center is located at 2094 East State Street, Suite F, in Salem. For more information, call 866-520-5646.