

**Hello. We Hope this Newsletter finds you doing well.**

## Springing Forward

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### *It's coming ...*

Early next Sunday morning, we will turn our clocks forward one hour for Daylight Saving Time. This is when we all think, "Darn, I'm going to lose an hour of sleep." That is true but we need to realize the impact on us is just more than losing that one hour of sleep on that one night.

Some people think Daylight Saving Time improves safety and reduces traffic accidents. You might think so, since driving in the daylight seems safer than driving at night. But the science says otherwise. The day after we "spring forward" we see an increase in fatal traffic accidents. In fact, this rise is quite significant with the average being about a 9% increase in traffic deaths over the past 10 years. Also, there is no corresponding decrease after the "adjustment phase" to balance it out.



Additionally, several studies have shown that workplace accidents and heart attacks are both common in the week after the time change, too. Daylight Saving Time actually causes more deaths, rather than reducing them.

These issues really come down to an increase in fatigue and a change of our biological clocks as the actual time is adjusted from what we have become accustomed to. Fatigue has always been a contributing factor to injuries throughout the year. The change in clocks can accelerate that for a brief period of time until we get used to the change. Or sometimes, not. There are many that do not have a "brief period of time," and are always fatigued. If that's you, ask yourself these two questions:

1. Do you get 6-8 hours of sleep per night?
2. Do you sleep with the TV on?

If you are like many I pose this question to in my training sessions, you answered No to the first, and Yes to the second. We need to STOP and reverse that; Yes to 1, and No to 2! It is so important for our body to get 6-8 hours of sleep per night. Especially the brain.



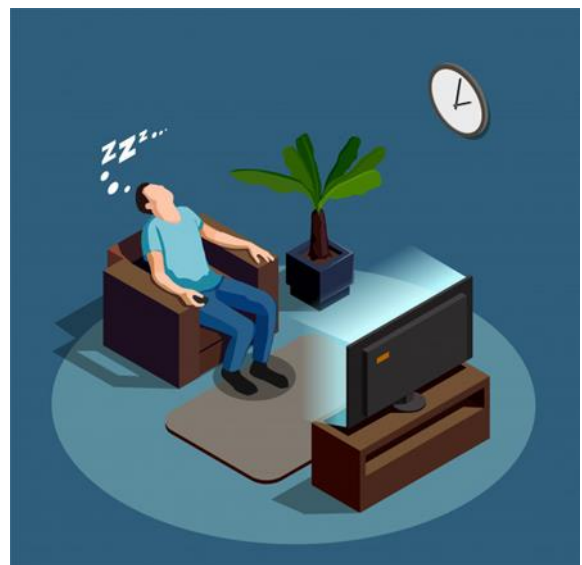
**"ZOMBIES? NO, IT'S THE FIRST MORNING OF DAYLIGHT SAVING TIME."**

Sleep allows your neurons, or nerve cells, to reorganize. When you sleep, your brain's glymphatic (waste clearance) system clears out waste from the central nervous system. It removes toxic byproducts from your brain, which build up throughout the day. This allows your brain to work well when you wake up.

Sleeping with the TV on never allows our brain to rest and sleep and replenish. Next time you hear someone say, "Man, I slept for 10 hours last night, why am I so tired?" Ask them if their TV was on all night. Chances are, it was. When we sleep with the TV on, our brain hears the audio and is continually processing that information. The TV does not give our brain a chance to rest. That's why people who sleep with the TV on, most often realize that what was on TV was actually in their dreams. That's because the brain was occupied with this information and never turned off. So, if you are one of those that must fall asleep with the TV on, do your brain a favor and set the sleep timer on your television so it goes off shortly after you fall asleep. And here's a tip to make sure you do not turn it back on if you wake during the night: Before you go to bed, find the TV program you want to watch, put on that channel, and then go place the remote control in another room. Because you know darn well if you wake

up and that remote is within reach you are going to grab it and turn the TV back on.

Also, please realize the same goes for our cell phones. Put these out of reach. Parents, please do not allow your children to sleep with their phones! And if your child is as clever as mine, and comes up with the, "Dad, I need it because I use the alarm to wake up," excuse, then my best advice is to have the Easter Bunny bring them a nice alarm clock in their basket on Easter morning (April 9th). Just so happens, Santa helped us out just a few years ago with this.



## So going “forward,” here are some tips to help you deal better with the change:

- Start going to bed earlier a few days before Daylight Saving Time. Try going to sleep 15 minutes early on Wednesday night, 30 minutes early on Thursday night, 45 minutes early on Friday night, and then an hour earlier the night before.
- Move your clock forward early, say 7 or 8pm, then go to bed at your normal time. You are giving up an hour during the day but will stay on schedule sleep wise.
- Skip the snooze button. Keeping a good routine when going to bed and waking is key to an easier transition.
- Get plenty of sunlight once you are awake. Daylight is a cue to your internal clock to stop producing melatonin, the hormone that makes you sleepy.
- If you're sensitive to the time change, don't over-schedule yourself the first few days. Doing too much can make those feelings of fatigue even worse.
- Also, even after this time period, establish a routine time for going to bed and try to stay consistent. Do your best to avoid electronics at least one hour before bedtime.
- And remember, if you don't have the 10-year lithium batteries, it's time to replace the batteries in your smoke and carbon monoxide detectors and check your fire extinguishers.

## SWEET DREAMS!

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