



# Better Sleep, Safer Homes

Daylight Saving Time can affect your sleep.

Follow these tips to **sleep better year-round.**

## Time Changes

Spring forward 1 hour the second Sunday in March, fall behind 1 hour the second Sunday in November.

### Remove Distractions

Remove all technology from the bedroom (TV, video games, iPad, laptops, etc.)

### Turn It Off

Turn off all technology at least 30-60 minutes before bed

### Set Limits

Limit caffeine after lunch

### Have a Routine

Develop a "going to bed" routine using relaxation and soothing activities

### Be Consistent

Go to bed and wake up at the same time every day, even with the time change



## Time Change Checklist

### Change Batteries

in Smoke & Carbon Monoxide Detectors

### Replace Outdated Smoke & Carbon Monoxide Detectors

### Check & Discard Expired Medication

### Update Emergency Kits at Home & in Vehicles



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