

# How to Survive the First Morning of Daylight Saving Time



Here are some tips to keep the grogginess to a minimum and ease your body into the new "time zone," according to the University of Michigan Sleep Disorders Center:

- A few days before Daylight Saving kicks in, hit the sack a little earlier each night. Even 15 minutes earlier for three days can make a difference.
- Also, set your alarm clock for 15 minutes earlier successively for each of the three days before DST.
- Make sure to set your clock one hour forward before going to bed this Saturday, not the next day. Sleeping in on Sunday will only cause problems down the line. Experts say to wake up at your normal time.

Which of the three tips above would be the easiest to try for most teenagers? Explain your reasoning.

Even after you sync up with Daylight Saving Time, here are some guidelines for a good night's sleep every night:

- Routine: Go to bed and wake up at the same time each day of the week.
- No napping: If you desperately need a siesta, limit it to a 15- to 30-minute nap in the mid-afternoon.
- Morning java only: Avoid caffeinated products after mid-afternoon.
- Daytime workouts: Avoid evening exercise.
- Sleep space: Avoid using the bedroom for work and other non-sleep-related activities.
- Keep the bedroom dark, quiet and comfortable.
- Wind down: Set aside 30 to 45 minutes to wind down before going to bed.

Which two of the above guidelines would be the most difficult for most teenagers? Explain your reasoning.