



Kansas City

Surviving Daylight Savings Time

Spring forward with these helpful tips on how to handle losing an hour of sleep.

Before bed Saturday evening:

6 Hours Before:
Quit the coffee

4 Hours Before:
Put a cap on the nightcaps

2-3 Hours Before:
Change your clocks

1 Hour Before:
Log off

Bedtime:
Lights out!



The Week Before:

Move your bedtime back 15 minutes.
Get plenty of sleep!

The Day of Daylight Savings:

Try to soak up some sunshine
as soon as you wake up.

Sources: <https://www.prevention.com/health/g20508737/surviving-daylight-savings-time/> and <https://naturalfactors.com/en-us/articles/tricks-and-tips-for-surviving-daylight-savings-time/>