



## Time change provides chance to prioritize sleep

*Getting an extra hour of sleep can have a positive impact on your health and well-being*

**DARIEN, IL** – The end of daylight saving time at 2 a.m., Sunday, Nov. 3, provides a chance for millions of sleep-deprived Americans to reprioritize sleep, says the American Academy of Sleep Medicine (AASM).

The CDC reports that 30 percent of U.S. adults fail to get sufficient sleep, and nearly one in 20 has fallen asleep at the wheel in the past month. Although individual sleep needs vary, the AASM recommends that adults get about seven to eight hours of nightly sleep for optimal health benefits.

According to AASM spokesperson Dr. Nathaniel Watson, the fall time change provides an opportunity to evaluate your schedule and put sleep at the top of your priority list.

“I think that it shines light on the fact that we need to focus on sleep as a society, and we really need to make sure that we are carving out the proper amount of time to get the sleep that we need,” he said.

To enjoy an extra hour of sleep, the AASM recommends that you get ready for bed at your normal bedtime Saturday night. Just before turning off the lights, set all your clocks back an hour. Then wake up at the usual time Sunday morning.

Along with diet and exercise, sleep is one of the three pillars of a healthy lifestyle. A recent study from the Centers for Disease Control and Prevention (CDC) [linked insufficient sleep with an increased risk of chronic diseases](#) such as coronary heart disease, stroke, diabetes, anxiety and obesity.

The AASM offers these tips for better sleep:

- Develop a relaxing bedtime routine.
- Go to bed and wake up at the same times every day.
- Avoid caffeine in the afternoon and evening.
- Keep your bedroom dark, quiet and at a comfortable temperature.

Help for people who have a sleep problem is available from board certified sleep medicine physicians at more than 2,500 AASM accredited sleep disorders centers. Find a local sleep center using the directory at [www.sleepeducation.com](http://www.sleepeducation.com).

To arrange an interview with an AASM spokesperson, contact Communications Coordinator Lynn Celmer at 630-737-9700, ext. 9364, or [lcelmer@aasmnet.org](mailto:lcelmer@aasmnet.org).

### **About the American Academy of Sleep Medicine**

Established in 1975, the American Academy of Sleep Medicine (AASM) improves sleep health and promotes high quality patient centered care through advocacy, education, strategic research, and practice standards. With nearly 10,000 members, the AASM is the largest professional membership society for physicians, scientists and other health care professionals dedicated to the medical subspecialty of sleep medicine. For more information, visit [www.aasmnet.org](http://www.aasmnet.org).