



Lead, Serve, Support

March 4, 2019

## Tick Tock, Tick Tock It's Almost Time to Change Our Clocks!

**On Sunday, March 10, 2019 at 2:00 AM, we spring ahead one hour for daylight saving time change.** It means more daylight hours and sunshine; and best of all, spring is coming! But, it also means we'll lose an hour of sleep early Sunday morning!

**While an hour of lost sleep may not seem like a lot, it can impact one's ability to stay alert on the job and even contribute to accidents in the workplace.** A study published in the September 2009 issue of the Journal of Applied Psychology found on average there were **3.6 more injuries on the Mondays following Daylight Savings Time change** compared to other days.



### MAKE PLANS NOW TO ENSURE YOU SPRING FORWARD SAFELY

#### MAINTAIN A REGULAR SLEEP SCHEDULE

Sticking to a regular schedule can help one's internal clock adjust on its own. **Go to bed & wake up at the same time each day** & avoid the temptation to sleep in on the weekends.

#### ADJUST YOUR CLOCK DURING THE DAY ON SATURDAY

If you have a relaxing schedule planned, **turn your clocks forward earlier in the day.** Shifting your daily activities & meal times helps prepare your body for the adjustment.



#### SPEND TIME OUTDOORS SUNDAY MORNING

**Open the curtains & spend time outside in the bright sunlight.** It signals the body that morning has arrived & helps reset the body's natural biological rhythms.

#### GET UP AND GET MOVING!

**Spend at least 30 minutes/day, at least 3 times a week exercising.** It should help you feel more energized during the day & sleep better at night.

#### TAKE A SHORT NAP IF NEEDED

If you begin feeling sleepy after the change to daylight savings, give yourself a break... take a nap. **A short nap about 20 minutes in length can be revitalizing** for most people as long as it's not too close to bedtime.

**SAFETY MATTERS**



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