



How to Make the Most of that Extra Hour of Sleep

sleep experts say that the effects can last for a week or more because we are so sleep deprived.

If we weren't such a sleep-deprived society, the time change wouldn't make such a big difference in our circadian rhythms. But, since we are so lacking in good sleep that extra hour, that might seem like a godsend, actually isn't.

While "losing" an hour of sleep in the spring is harder on your body than the hour we gain in the fall (this year it happens on November 1st) it can still affect our sleep patterns greatly and come Monday we'll feel the effects as tiredness will set in earlier than usual.

For many people, it used to take only a day or two to adjust to the time change but now

Experts recommend that you go to bed a few minutes later about 5 days before the time change so when daylight saving time ends you will be back to your regular schedule. This is especially important for babies and young children who have set sleep and wake schedules. Shelly Weiss who is a paediatric neurologist at Toronto's Hospital for Sick Children recommends starting the time change about 4 or 5 days before. Keep them awake 10 or 15 minutes longer on the first day and hopefully they will sleep longer in the morning. On day two, keep them up for 20-30 minutes longer etc. By the end of daylight saving time they



should have already adjusted and parents, who haven't followed the recommended adjustment might just be able to enjoy that extra hour of much needed sleep themselves.

The end of daylight saving time also heralds a number of issues that can effect your health. In the dark winter

months ahead people are more prone to gaining weight, suffering from symptoms of depression and are less active all of which prevent you from getting a good night's sleep.

Everyone knows the make and model of their vehicle and most spent a lot of time comparing different vehicles. The Better Sleep Council of Canada wants you to ask yourself a simple question. "Do you know the make and model of your current bed?" If the answer is "no", then they suggest that it's time for a new mattress. "We spend one-third of our lives sleeping, shouldn't you make sure you're evaluating your mattress on a regular basis and using one that's best suited for your personal needs?"

So if you find yourself still

sleeping badly after the time change, it may be time to look at your mattress. You're not doing yourself any favours by trying to sleep on an old, sagging bed.

Over the next few months don't let the early darkness get you down. Experts concur, the best way to lose weight, reduce symptoms of depression, reduce anxiety and sleep better is to get active. Join a gym, take a walk, dust off the treadmill and it won't take long for your quality of sleep to improve.

At Sleep Experience we hope everyone makes the most out of the extra hour of sleep and remember, we're here to help you learn to sleep better.

Jim Conlon

Tuesdays are Seniors' Sleep Better Days

If you are looking for a new bed, Sleep Experience is offering to pick up seniors who need a ride to bring them to either of our Sleep Experience locations at no cost to you. Just give us a call and we'll set up your appointment!

Sleep Experience

BETTER SLEEP BEGINS WITH YOUR MATTRESS

www.sleepexperiencesudbury.ca

1955 Lasalle Blvd. 705-524-7533

BRANDSOURCE

Cedar Point Plaza 705-523-0595