



Sunday, 31st October

The clocks change,
but your sleep
doesn't have to

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The clocks go back on October 31st

Few people actually enjoy the extra hour of sleep when the clocks turn back. It's often just another disruption to our internal clock. Luckily, taking these steps can help you adjust.

Before the Clock Change

Keep your sleep schedule

Defining your bedtime and rise time is a great way to enjoy satisfying, efficient sleep.

Have a wind-down routine

Making time for a relaxing nighttime ritual can help your body wind down before bed.

After the Clock Change

Have a wake-up routine

Avoid the snooze, get out of bed immediately upon awakening, and expose yourself to bright light.

If you have to nap, keep it short and early

Daytime naps can interfere with nighttime sleep if they're too long and too late in the day.

If you need additional help adjusting to the clock change, try Sleepio. Visit the website below to take the Sleep Quiz and discover how you can improve your sleep tonight:

www.sleepio.com/nhs

