

Mayo Clinic Minute

Fall back to daylight saving time

Video	Audio
Lois Krahn, M.D. Sleep Disorders Center Mayo Clinic	As daylight saving time ends, we turn back the clock and gain that hour of sleep we lost in the spring. Do these hour gains and losses make a difference? Mayo Clinic's Dr. Lois Krahn says ... We know that it does disrupt sleep and one hour does not seem like a big deal, but when you look at research data, it is a big deal.
	Dr. Krahn says we all have a body clock that expects a consistent 24-hour cycle.
Lois Krahn, M.D. Sleep Disorders Center Mayo Clinic	We all know people who have erratic schedules, but that's not as healthy as a consistent schedule, and our body just is not designed for changes in our sleep time.
	You can go ahead and enjoy that extra hour of sleep. But prepare yourself and your kids so everyone can reset easily.
Lois Krahn, M.D. Sleep Disorders Center Mayo Clinic	Watching their exposure to light at night as well as encouraging light exposure in the morning so if the sun is up when they wake up, open up the blinds, let the sun shine in or at least turn on the lights in the room.
	I'm Ian Roth for the Mayo Clinic News Network.