

Mayo Clinic Minute

How losing an hour of sleep can affect your health

Video	Audio
	When daylight saving time kicks in, and we spring forward, we gain an hour of daylight but lose an hour of sleep.
00:02:34	“We have more difficulty springing forward than we do falling back.”
	Dr. Brynn Dredla, a Mayo Clinic sleep neurologist, says an hour may not seem like much, but it can have a pretty dramatic effect on our bodies.
00:03:03 Brynn Dredla, M.D. Neurology Mayo Clinic	“If someone sleeps from 10 p.m. to 6 a.m. and then we spring forward, on Monday morning we’re asked to now be driving when we should normally be sleeping. So that can be a big impact because our body is under the impression it should be asleep when we’re asking it to perform a pretty complex task.”
	Dr. Dredla says it’s a similar effect on the body as jet lag when you fly to Europe and are suddenly hours ahead of the time your body thinks it is.
	Your body’s internal clock, or circadian rhythm, no longer matches the external clock, which causes us to feel sluggish and foggy-headed.
00:06:39	“And it usually takes two days before we’re able to get back into our normal routine.
	Dr. Dredla suggests preparing for the change starting about two or three days before daylight saving time by going to bed 15 minutes earlier and waking up 15 minutes earlier.
	For the Mayo Clinic News Network, I’m Ian Roth.