

## Mayo Clinic Minute: Daylight saving time ends

Video	Audio
Lois Krahn, M.D. Psychiatry Mayo Clinic	The human brain has a circadian or biological clock that runs on a 24-hour cycle.  "Humans do best if our schedule is consistent, and we go to bed at the same time and get up at the same time each night, day after day, because that's when our clock is really optimized."
	When the community clock changes, it can affect a person's ability to concentrate or pay attention to detail.
	"Studies done on different continents show that the rate of motor vehicle accidents increases after the clocks change in many different parts of the world."
	Along with a clock change comes less sunshine. If you struggle with darkness, Dr. Lois Krahn, a Mayo Clinic psychiatrist, suggests turning on the lights when you first awake and consider a light box.
	"Other things are important as well: Get exercise. That really helps signal to the body that it's time to get going in the morning. Also, live as healthy a lifestyle as possible."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.