March 2013

March is here and that means Daylight Saving Time! This issue of *Health and Safety News* is dedicated to awareness. Every year people complain about losing an hour of sleep, but is there ever any thought about what, if any, negative health effects this time change may cause? There have been several articles written and stories reported related to this topic. Also included in this newsletter is a history of this subject, a little trivia, and some opinion pieces. In this March edition, after clicking on and reading the links, don’t stop there if there are additional links in the article, just right click and select Open Hyperlink for the words in blue to find out more.

Amount of sleep has an impact on several aspects of a person’s life. Therefore, knowing what can happen as a result of daylight saving time, people can make informed decisions about how long to sleep as well as how to ensure the best quality of sleep. To address this topic, the Center for Disease Control and Prevention’s (CDC) website was consulted ([http://www.cdc.gov/Features/Sleep/](http://www.cdc.gov/Features/Sleep/)).
Sleep and Sleep Disorders

How you feel and perform during the day is related to how much sleep you get the night before. If sleepiness interferes with your daily activities, more sleep each night will improve the quality of your waking hours. Yet many adults report experiencing a sleeping problem one or more nights a week.

Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression—which threaten our nation’s health. Not getting enough sleep is associated with the onset of these diseases and also may complicate their management and outcome.

Sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion. How much sleep is enough? Sleep needs vary from person to person and change as people age. Consider these sleep guidelines for different age groups.

How much sleep do you need?*

“... Sufficient sleep is not a luxury—it is a necessity—and should be thought of as a vital sign of good health.”

Wayne H. Giles, MD, MS, Director,
Division of Adult and Community Health,
National Center for Chronic Disease Prevention and Health Promotion.

Infants

- Birth–2 months need 12–18 hours
- 3–11 months need 14–15 hours
**Toddlers/Children**
- 1–3 years need 12–14 hours
- 3–5 years old need 11–13 hours
- 5–10 years old need 10–11 hours

**Adolescents**
- 10-17 years need 8.5–9.5 hours

**Adults**
- need 7–9 hours

*Data from the National Sleep Foundation*

**Sleep Hygiene**

The promotion of regular sleep is known as sleep hygiene. Here are some simple sleep hygiene tips:

- Go to bed at the same time each night, and rise at the same time each morning.
- Sleep in a quiet, dark, and relaxing environment, which is neither too hot nor too cold.
- Make your bed comfortable and use it only for sleeping and not for other activities, such as reading, watching TV, or listening to music.
- Remove all TVs, computers, and other "gadgets" from the bedroom.
- Avoid physical activity within a few hours of bedtime.
- Avoid large meals before bedtime.

**Sleep Disorders**

Sleep-related difficulties – typically called sleep disorders – affect many people. Major sleep disorders include:
- **Insomnia** – an inability to fall or stay asleep that can result in functional impairment throughout the day.
- **Narcolepsy** – excessive daytime sleepiness combined with sudden muscle weakness; episodes of narcolepsy are sometimes called "sleep attacks" and may occur in unusual circumstances.
- **Restless Legs Syndrome (RLS)** – an unpleasant "creeping" sensation associated with aches and pains throughout the legs that can make it difficult to fall asleep.
- **Sleep Apnea** – interrupted sleep caused by periodic gasping or "snorting" noises or momentarily suspension of breathing.

If you or someone you know is experiencing a sleep disorder, it may be important to receive an evaluation by a healthcare provider.

**Reference**

- Page last reviewed: September 23, 2010
- Page last updated: September 23, 2010

- Content source: Division of Adult and Community Health
- Page maintained by: Office of the Associate Director for Communication, Division of News and Electronic Media
Health Effects


History of Daylight Saving


http://www.huffingtonpost.com/2012/03/02/daylight-savings-2012-start-date-history-facts_n_1316254.html

Opinions


Trivia


http://collegian.csufresno.edu/2013/03/10/daylight-saving-time-101/
GET OUT AND ENJOY THAT EXTRA SUNLIGHT!

BUT DON’T FORGET TO GET ENOUGH SLEEP… YOUR HEALTH COULD DEPEND ON IT!

Reminder…