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When we spring forward to daylight saving time, we lose an hour of sleep. Most of us feel the effect for a few days afterward.

Use these 10 [sleep](#) tips to help you spring forward easily and sleep better all year long.

1. Gradually Transition Into the Time Change

To minimize the impact of the switch to daylight saving time, make gradual adjustments. Go to bed and put your children to bed 15 minutes early, starting several days before the change. Make an extra effort to be well-rested the week before the time change.

2. Give Yourself a Sleep Break After the Time Change

If you feel sleepy after the change to daylight saving time, take a short nap in the afternoon -- not too close to bedtime. Avoid sleeping in an hour longer in the mornings. Your internal clock will adjust on its own in several days.

3. Know How Much Sleep You Need

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Is This Normal?

Get the Facts Fast!

How Many Hours Did You Sleep Last Night?

My Number: Next

This tool is intended only for adults 18 and older.

Not everyone needs the same amount of sleep to be well-rested, and sleep requirements can change with age. To find your ideal number of hours, sleep without an alarm on weekends and see when you wake up naturally.

4. Keep Regular Sleep Hours

Go to bed and wake up at the same time each day. This helps your body regulate its sleep pattern and get the most out of the hours you sleep. If possible, wake up at the same time on the weekends, too, which makes Monday mornings easier to bear. You can also see how a nap affects your sleep quality. For some, napping can make nighttime sleeping harder; but for others, a short nap (20 minutes) can be revitalizing, without ruining their night's sleep.

5. Get Some Exercise During the Day

Even moderate [exercise](#), such as [walking](#), can help you sleep better. Aim for at least 30 minutes of moderate exercise, three times a week or more. If you often don't sleep well, try not to exercise too close to bedtime.

6. Avoid Stimulating Substances

Alcohol and caffeine (found in coffee, tea, chocolate, and some [pain](#) relievers) can interfere with sleep. If you have trouble sleeping, avoid alcohol and [caffeine](#) for 4 to 6 hours before bedtime. Smokers should also avoid tobacco, another stimulant, too close to bedtime.

7. Eat Lightly at Night

Indigestion from spicy or fatty food or having too much food in your stomach can cause [insomnia](#). For a better night's sleep, eat light, simple foods several hours before bed.

If you get hungry, have a snack of easy-to-digest food such as carbohydrates or dairy. Also, avoid too much liquid before bed so that you don't have to wake up to go to the toilet.

8. Relax Before Bed

[Stress](#) and overstimulation can make it hard to fall asleep. Try to avoid intense television programs or movies before bed. Relax with a soothing, warm bath and curl up with a book instead.

Foods That Help or Harm Your Sleep

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