

Daylight Savings and Sleep

The extra hour of sleep this upcoming fall seems to be a blessing, especially for those that are sleep deprived. However, that extra hour of staying in bed won't benefit everyone, such as those late night cell phone users or those who take long naps in the afternoon. Many people cannot or do not take advantage of the extra hour of sleep due to our body's circadian clock.

If this sounds like you, then you can blame the suprachiasmatic nucleus (SCN), which is the structure in our brain which acts as our central clock. The SCN is programmed to work around daylight, and regulates our body temperature, digestion, hormone release, and sleep-wake cycles.

Once Daylight Savings Time occurs on November 6th 2016 at 2am, all of our clocks will be set back 1 hour. For many of us, that one hour may be an extra hour of sleep, but it also means our bodies have to adjust to different external factors, such as when the sun rises and sets. It is important to note that the presence of the sun plays a large role in the functioning of our internal clocks. For those who get easily disgruntled with not being able to fall asleep, daylight savings time can create a vicious cycle.

Daylight savings comes with benefits and drawbacks. This November we will get an increase of one hour of sleep, but this also means less light in the afternoon. For those that work late, you may be going home in the dark, which can reduce your vitamin D levels. Vitamin D can be obtained from the sun, and is essential for building strong bones and your immune system.

Not every part of the world takes part in daylight savings. Many countries do not participate in the change due to their location, the daylight hours do not change from season to seasons, or their country has not opted as a whole to take part. When travelling, ensure that you give your body time to adjust to the different time zones since our circadian rhythms are slow to adjust and remain on the original biological schedule for several days. Depending on the time zone change, our bodies may be telling us it is time to sleep when it is the middle of the day or telling us it is time to be active when it is actually time for bed.

Source: [daylight savings and sleep](#)

For more information about sleep, visit www.accqsleeplabs.com

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