



## SLEEPY TIME SOLUTIONS, LLC

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### **Daylight Savings**

Daylight savings time is a double edged sword. It provides us with more light in the evening hours and offsets problems with early rising. Having said this, "loosing" an hour of sleep on Saturday night contributes to a higher amount of car and work related accidents on the Monday after AND can cause problems for children who already have difficulty with sleep. To help with daylight savings, below are two options.

#### **Option #1**

If your child is a good sleeper, then simply move meals, naps and bedtime to the new time. If your child still naps, make sure your child is well napped to account for a later bedtime. Expose your child to natural sunlight in the morning for the first few days (this helps adults as well) and be sure to get plenty of activity outside throughout the day.

#### **Option #2**

Move your child's bedtime, naps and meals by 20 minutes per day. This helps to acclimate your child to the new time in a gentle way. Be sure to expose your child to lots of natural sunlight in the morning for the first few days to reset the internal body clock and make naps an absolute priority.

With both options, consistency is the key to success. Inconsistent behavior causes more problems (and more tears), so be sure to choose an option and stick to it.