



Daylight Saving Time Brings Sleep Issues to Light

Tampa Bay E.N.T. describes the effects of daylight savings and other sleeping issues of spring

TAMPA, Fla. – March 4, 2015 – Daylight Saving Time begins on Sunday, March 8, and while it will give us light longer into the night, it takes away an hour of sleep and disrupts the body’s internal clock. Research shows that people get an average of 40 minutes less sleep after turning their clocks forward in spring. This can result in increased work place injuries, heart attacks and cluster headaches. Luckily, there are ways to combat the effects of daylight saving time.

Light is the main cue for our bodies to fall asleep. Light suppresses the secretion of melatonin, our sleep-inducing substance. It is important to expose yourself to more light during the day and less at night for the body to prepare your circadian rhythm, the 24-hour sleep cycle of the body.

Sleep hygiene is a variety of different actions you can take to create a sleep-conducive environment. It will enhance your chances of falling asleep and staying asleep.

“Basic sleep hygiene includes avoiding alcohol and caffeine and creating a relaxing atmosphere before sleeping,” says Miguel Rivera, M.D., Board Certified Otolaryngologist with Tampa Bay E.N.T.

“Additionally, going to bed 15 to 20 minutes earlier in the days leading up to daylight savings will give your body time to adjust.”

Another trademark of springtime is increased nasal allergies. These can lead to sleeping issues and contribute to sleep apnea and increased snoring.

About 45% of the adult population snores. Changing your sleep position, avoiding alcohol, practicing good sleep hygiene and staying hydrated can all help to decrease the effects of snoring.

Sleep apnea is a condition that causes a person to abnormally pause their breathing while sleeping.

“One of the first signs of sleep apnea is increased snoring,” says Dr. Rivera. “Sleep apnea interrupts a person’s sleep cycle throughout the night and can pause a person’s breathing several times per hour in some cases.”

Other symptoms of sleep apnea include dry mouth, sore throat, headaches and insomnia.

Sleep apnea is a chronic condition that requires long-term management. Tampa Bay E.N.T. can help evaluate the condition and come up with a treatment plan.

For more information about Tampa Bay E.N.T., go to www.TampaBayENT.com or call (813) 879-8045.

About Tampa Bay E.N.T.:

Tampa Bay E.N.T. has served the Tampa Bay community for over 40 years. From pediatric allergies to fitting hearing aids, our caring and experienced physicians specialize in ear, nose and throat care for the entire family using comprehensive, state-of-the-art technologies. We have six convenient locations throughout the Tampa Bay area to best serve you and your family.

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