

## **DAYLIGHT SAVING & SLEEP**

**Carl Boethel, MD, Sleep Medicine, Baylor Scott & White Health**

{\*\*ON CAM\*\*}

GET READY TO 'SPRINGAHEAD' ON MARCH TWELFTH- WHEN DAYLIGHT SAVING TIME OFFICIALLY ENDS.

{\*\*TAKE VO\*\*}

TRT:

RESETTNG YOUR NIGHTLY ROUTINE AND LOSING THAT HOUR OF SLEEP MAY HAVE IMPLICATIONS FOR YOUR HEALTH.

DR CARL BOETHEL (BAY-DUHL) WITH BAYLOR SCOTT AND WHITE IS A SLEEP DISORDER EXPERT.

HE SAYS DURING THIS PERIOD OF TRANSITION... PEOPLE OFTEN EXPERIENCE NEGATIVE EFFECTS CONNECTED TO SLEEP DEPRIVATION.

{\*\*TAKE SOT\*\*}

Carl Boethel, MD

Baylor Scott & White Health

TRT: 13

There is an increased risk of heart attack, that's been very well documented. There is increased risk of automobile accidents during about the first week after the switch over to daylight saving time.

{\*\*ON CAM\*\*}

SO IN ADDITION TO REMEMBERING TO RESET YOUR CLOCKS, TAKE A LITTLE EXTRA TIME ON THE ROADS THOSE FIRST FEW DAYS AFTER TIME CHANGE.