

Daylight savings time can be dangerous

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Daylight Saving Time begins Sunday, March 13, but a word of caution. Studies have found that losing an hour can be hazardous for your health.

On average, people go to work or school on the first Monday of [Daylight Saving Time](#) after sleeping 40 fewer minutes than normal. Researchers have reported there's a higher risk of heart attacks, traffic accidents and workplace injuries on the first Monday of Daylight Saving Time.

"Many people already are chronically sleep-deprived, and Daylight Saving Time can make them even more tired for a few days," said Dr. Nidhi Undevia, medical director of the [Sleep](#) Program at Loyola University Health System.

Undevia offers these tips for coping with Daylight Saving Time:

- In the days before the time change, go to bed and wake up 10 or 15 minutes earlier each day.
- Don't nap on the Saturday before the time change.
- To help reset your internal body clock, expose yourself to sunlight in the morning as early as you can.

Provided by Loyola University Health System

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