DAYLIGHT SAVING & SLEEP
Carl Boethel, MD, Sleep Medicine, Baylor Scott & White Health

{**ON CAM**}
GET READY TO ‘SPRING AHEAD’ ON MARCH TWELFTH- WHEN DAYLIGHT SA-
VING TIME OFFICIALLY ENDS.

{**TAKE VO**}
TRT:
RESETTING 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
EXTRATIME ON THE ROADS THOSE FIRST FEW DAYS AFTER TIME CHANGE.