

Spring Forward...
How to Manage Sleep with the Time Change
March 10th, 2024

1. Saturday night heading into the time change, don't do anything. That's right. Don't change the clocks, put everyone to bed at their "normal" time tonight.
2. After waking on Sunday, set the clocks forward one hour. Let your little ones sleep and don't worry if they wake up "late" because of the change. Go on with your day as usual.
3. Once you've set your clocks forward, move nap times and bedtime 30 minutes later on the clock. It's the rule of "halfies". If bedtime was at 7 PM, now it's at 7:30 PM.
4. If you have a child who still naps, use the "halfies" approach for naps too. Remember with littles who do more than one nap, you will still follow wake windows (see my "Sleep Guidelines By Age" for typical wake windows by age).
5. By night 5, return to your child's original bedtime. If "lights out" was at 7 PM before you started the transition, head back to 7 PM now.
6. Be patient with the change. It takes our children some time to make these changes in their brains and nervous systems. Within a week things should be back to normal.

Pro Tip: Remember to keep your child's room DARK. The days are growing longer and the mornings will be lighter, earlier. Please keep the room very dark to help prevent those early morning wakings.