

# “Fall back” TIME CHANGE GUIDE

*5 Must-Know Tips for Your Child's Sleep*



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# WHAT IS THE *Fall Back* TIME CHANGE?



Every fall, we turn the clocks back by one hour as Daylight Saving Time comes to an end. So, what was 6:00 AM yesterday is suddenly 5:00 AM today (!). The end of Daylight Saving Time means an extra hour of sleep for some—but for parents, it often means an early wake-up call from their little ones!

This shift gives us a bit more daylight in the morning but can also throw off our routines—especially for little ones who aren't reading the clock just yet.

## **WHY HAVE A TIME CHANGE AT ALL?**

The time change was originally introduced to make better use of daylight during the summer months. By shifting the clocks forward in the spring (and back again in the fall), we get more daylight in the evening during the warmer months and more sunlight in the morning as winter approaches. While that extra daylight can be helpful, it can cause sleep disruptions, especially for kids who rely on consistent routines.



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# 4 TIPS TO PREPARE (AND SURVIVE)

When we 'fall back,' our body clocks don't adjust to the time change right away. It can take up to a week for our circadian rhythm to shift to the new time. This which can result in:

- Earlier wake-ups: Your child may start waking up an hour earlier than usual.
- Bedtime battles: Evenings can feel too early, leading to resistance at bedtime.
- Disrupted naps: Your little one's nap times may be thrown off, impacting their daytime routine.

But don't worry—with a little planning, you can help your child adjust smoothly and keep those early mornings under control. To help your child adjust, here are 6 simple tips to make the transition easier:

01

## DON'T CHANGE THE CLOCKS

Just leave all your clocks as is when you go to bed. This will help you start your day on a happier note, because it won't feel any different than the day before. You will still have had the same amount of sleep, so don't trick your brain into thinking differently before day one begins. Once you are up and going through your day, then you can adjust the clocks.

02

## MAKE THE ROOM DARK

With brighter mornings, your child may wake earlier due to sunlight. Use blackout curtains or shades to keep the bedroom dark, signaling that it's still time to sleep.

Remember that even the slightest change in light can signal a wake up in all of us, so keep your room dark as well.



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03

### **STICK TO A CONSISTENT BEDTIME ROUTINE**

A familiar bedtime routine can be the key to helping your child wind down, even if bedtime feels a little earlier. Stick to your regular calming activities—bath, book, snuggles—to reinforce the cueing system to the body and brain that sleep time is near.

04

### **GET OUTSIDE**

Expose your child to natural sunlight during the day, especially in the morning. This helps regulate their internal body clock and encourages sleep at the right time in the evening. It also helps to increase the sleep pressure so your little one is tired enough to go to sleep at the new bedtime.

05

### **LIMIT SCREENTIME BEFORE BED**

As the evenings get darker earlier, it can be tempting to use screens before bed. However, limiting screen time at least 1-2 hours before bedtime can help your child wind down more easily.



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# PREPARING IN ADVANCE

Let's dive deeper into how you can make some gradual adjustments to your child's sleep schedule and daily routine, to ease the transition into the new time. Here are several options - pick the one that fits best with your family and lifestyle.

## OPTION 1: EASE INTO IT

For 6 days leading up to the time change, gradually move wake time, nap times and bedtime later by 10 minutes each day. This way, when the time change happens, bedtime has already been adjusted!

### WHO IS THIS FOR?

- Parents who like to be prepared
- Babies who can't handle a big jump in wake time and need a slower transition
- Toddlers who are very sensitive to schedule changes

MONDAY	BEDTIME - 7:00PM
TUESDAY	BEDTIME - 7:10PM
WEDNESDAY	BEDTIME - 7:20PM
THURSDAY	BEDTIME - 7:30PM
FRIDAY	BEDTIME - 7:40PM
SATURDAY	BEDTIME - 7:50PM
SUNDAY	BEDTIME - 7:00PM (NEW TIME)



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## OPTION 2: SPLIT THE DIFFERENCE

This option is for parents who don't want to plan or shift in advance, and instead make the adjustments once the time change has happened. Or perhaps you forgot about the time change—it happens!

Instead of shifting bedtime all at once, you simply move it by 30 minutes when the clocks fall back. For example, if your child usually goes to bed at 7:00 PM, put them to bed at 6:30 PM (new time) for a few nights. It will be a bit of a push for your child (because to them it feels like 7:30pm). With this adjustment, they're halfway between the old time and the new time, making it easier for their body to adjust. After about 3-4 days, you can go back to your child's normal bedtime, and their internal clock should be more in sync with the new time.

Adjust naps and meals too!

SATURDAY (DAY BEFORE)	BEDTIME - 7:00PM
SUNDAY (DAY OF)	BEDTIME - 6:30PM (NEW TIME)
MONDAY	BEDTIME - 6:30PM
TUESDAY	BEDTIME - 6:30PM
WEDNESDAY	BEDTIME - 7:00PM (BACK TO TYPICAL BEDTIME)



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# YOU'VE GOT THIS!



## FREE CALL

Take advantage of a complimentary 15-minute phone consultation where we can dive into your child's sleep challenges and I'll share some personalized advice.

[LET'S CHAT](#)

## FREE GUIDES

Still struggling with early wakings, or want to know the best schedule for your little one? Sign up for my free guides on all these topics and more! !

[5AM WAKES NO MORE](#)



## THE SLEEP BLOG

For tips and tricks on how to manage all sorts of sleep challenges, such as travel, nap transitions and more - check out my blog.

[READ HERE](#)



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