



BOSCH

BKK

Health tip

Changing the clocks and its consequences

The clocks go forward at the end of March every year as we move from standard time to summer time. Find out how to maintain your biological rhythm.

► Gradually adapting your sleep rhythm

Changing the clocks disturbs our sleep, as our usual rhythm is brought out of balance. Some people find it beneficial to gradually start to go to bed earlier – and therefore get up earlier – several days before the clocks change. This helps you to gradually adapt to missing an hour.

► Choosing the right time for meals

You should also slowly adapt your mealtimes to the new daily rhythm. In as far as possible, don't eat hard-to-digest foods – this helps ensure that there is no extra strain placed on the circulatory system. Don't drink coffee after around three hours before going to bed in the evening.

► Fresh air does wonders

If you are very tired during the day, a walk in the fresh air can help the body to adjust. Daylight helps to regulate your body and ensure a balanced sleep and wake rhythm.

Tip: You can find an interview with sleep researcher Prof Thomas Penzel from Charité in Berlin in our Im Blick (In view) online magazine. Go to www.Bosch-BKK.de and simply enter "Zeitumstellung" (changing the clocks) in the search field. You can also find some interesting information if you look for the term "Schlaf" (sleep).



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