

# AADSM member guide | daylight savings time blog post

## Spring Forward Without Losing Sleep: How Daylight Saving Time Affects Your Rest

Every year, daylight saving time disrupts our sleep schedules, making it harder to get the rest we need. While adjusting to the time change is a temporary struggle for many, millions of Americans face sleep challenges every night due to obstructive sleep apnea (OSA).

### The Link Between Daylight Saving Time and Sleep Disruptions

Losing an hour of sleep in the spring or adjusting to a darker morning in the fall can throw off your body's internal clock, leading to grogginess, difficulty concentrating, and even increased health risks. However, for the estimated 54 million Americans suffering from sleep apnea, sleep disruption is a year-round issue.

Obstructive sleep apnea occurs when the airway becomes blocked during sleep, often due to the tongue and soft palate collapsing onto the throat. This causes repeated breathing interruptions throughout the night, leading to loud snoring, daytime sleepiness, and an increased risk of serious health conditions such as heart disease, high blood pressure, stroke, diabetes, and depression.

### How a Dentist Can Help You Sleep Better

If you or a loved one struggles with snoring or sleep apnea, a dental consultation could be the first step toward better sleep. Dentists trained in dental sleep medicine can provide a custom-fitted oral appliance to help keep your airway open while you sleep.

Unlike CPAP (continuous positive airway pressure) machines, which require a face mask and tubing, oral appliances are small, portable, and comfortable to wear. Many patients find oral appliance therapy to be a more convenient and effective solution, especially if they have difficulty tolerating a CPAP machine.

## A Better Night's Sleep Starts Here

As daylight saving time reminds us of the importance of a well-rested body and mind, it's the perfect opportunity to address ongoing sleep issues. If you're experiencing excessive daytime fatigue, loud snoring, or difficulty sleeping through the night, it may be time to seek treatment.

Don't let daylight saving time or sleep apnea rob you of the rest you need. Take control of your sleep health today! To learn more about oral appliance therapy and how it can improve your sleep and overall health, contact [Dr. SURNAME] at [PHONE NUMBER] or visit [WEBSITE] to schedule a consultation.