Your Guide For Adjusting to DST & March Break Safety Tips



Originally published by the lawyers at Aaron Waxman & Associates, experienced with Disability, Personal Injury and Employment claims, at https://www.awaxmanlaw.ca/disability/daylight-savings-time.

This year, elementary school and high school students will enjoy their March Break the week of March 15, 2021 the day after DST begins.

As a road user, it is always important to exercise caution as a road user, whether you are driving a car, riding a bicycle or walking at an intersection. It is known that there is a correlation between the beginning of DST and an increase in car accidents.

It is also known that the start of daylight saving time causes a change to our sleep cycles, a.k.a. our circadian rhythm. The loss of one hour of sleep does make a difference, as most people already do not get adequate amounts of sleep. The "Spring Forward" can be more difficult for people who suffer from psychological conditions and insomnia/sleep disorders and it may take longer for them to adjust to the time change.

There are ways to help your system adjust to the time change and to get a better night's sleep.

- 1. Try going to bed earlier, using short intervals of time, until you become accustomed to the "new time".
- 2. Wake up at the same time every day.
- 3. Avoid caffeine in the afternoon.
- 4. Stay hydrated throughout the day.
- 5. Avoid taking naps during the day.
- 6. Eat your meals at the same time daily and avoid eating too close to bedtime.
- 7. Avoid "blue screens" one hour before bed (computers, iPads, tables, smart phones etc.).
- 8. Avoid watching television too close to bed time, and do not watch anything stimulating.
- 9. Sleep in a cool, dark environment.
- 10. Listen to some calming music or a meditation to help you fall asleep.

And with students on March Break, it is important for drivers to be on alert for

increased pedestrians at intersections and on the roads/streets.

Here are some safety tips for everyone:

- 1. Check intersections carefully (look left, centre, right) before proceeding through the intersection.
- 2. Go slowly in residential areas, school zones, near parks and playgrounds and be on the lookout for children playing in the streets.
- 3. Obey the posted the speed limits and rules of the road (i.e. use our turn signals, obey traffic lights).
- 4. Pay attention to the weather and drive accordingly (March weather can be unpredictable!).
- 5. Don't drive distracted!
- 6. Avoid driving drowsy.
- 7. Be careful near ponds and ice patches so you can avoid injuries.
- 8. Pedestrians should use crosswalks to cross the street and marked pedestrian crosswalks where available and cross at actual intersections if possible, to avoid jaywalking.
- 9. Don't walk and text when crossing at an intersection or crosswalk.
- 10. Pedestrians should wear bright or reflective clothing, especially at night.
- 11. If you are a cyclist, make sure it is in good working order and has a reflector and a bell, so you are seen and heard.