

Daylight Saving Time & Your Child's Sleep

When the clocks jump forward in March, we lose an hour.
Here's how to protect your child's sleep without overthinking it.

Every year on the second Sunday in March at 2am, the clock moves forward one hour.

For some families, this is no big deal.
For others, it throws everything off for a few days.
The good news is this does not have to derail your child's sleep.
You have options.

Who am I?

I'm Taylor Vogelpohl, a Pediatric Nurse, Certified Pediatric Sleep Consultant, and mom of four.

I believe sleep training does not have to be rigid or extreme. You can be responsive, present, and still teach your child how to sleep independently.

Children thrive on sleep and routine. The entire family does.

You Have Options!

On the next page, I'll walk you through three simple ways to handle the time change so you can choose what works best for your family.

If sleep already feels inconsistent or stressful, I'd love to support you.
Scan the QR code or reach out to learn how we can create a plan that fits your parenting style.



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Scan me!



Daylight Saving Time & Sleep

1 Move Your Child's Wake Time (AKA Do Nothing)!

If you'd love an extra hour of sleep in the morning and are okay with a slightly later bedtime, you can simply follow your child's internal clock. On the Saturday before the time change, put your child to bed 30–60 minutes later than usual. On Sunday morning, allow them to wake at their normal biological time (which will now be one hour later on the clock). That night and moving forward, keep the new later bedtime. From your child's perspective, nothing really changed. From your perspective, mornings just got an upgrade.

Bedtime before 8:30p is best for most children!

2 Adjust over the weekend

On Sunday morning (the day of the time change), wake your child about 30 minutes earlier than they would naturally wake. If their usual wake time is 6:00am, they may want to sleep until what feels like 7:00am on the new clock. Instead, wake them at 6:30am. That evening, put them to bed 30 minutes earlier than usual. By Monday, return to your typical schedule using the new clock time (normal wake time and normal bedtime).

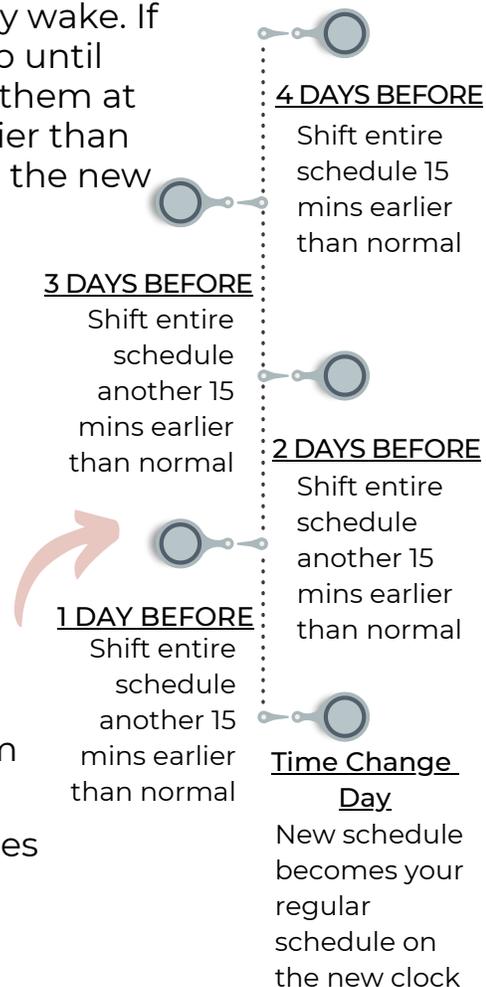
3 Gradual 4-day change

Start 4 days before the time change by shifting your child's entire sleep schedule 15 minutes earlier each day. Move bedtime, wake time, and naps earlier by 15 minutes daily. By the day of the time change, you will be a full hour earlier. When the clock moves forward, you will land right back on your normal schedule.

For example, a 7:30pm bedtime becomes 7:15pm, then 7:00pm, 6:45pm, and 6:30pm. On time change night, 6:30pm becomes 7:30pm on the new clock.

If your child normally wakes at 7:00am, wake them 15 minutes earlier each day as well.

It is only four days, and it keeps the transition smooth.



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