



MODERN PSYCHIATRY
AND WELLNESS, LLC.

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Daylight Saving Time & Mental Health

What you need to know

What is Daylight Saving Time?

Daylight Saving Time is the practice of setting clocks forward one hour in spring ("spring forward") and back one hour in fall ("fall back") to extend evening daylight.

While it may seem like a small change, it can disrupt your circadian rhythm, sleep, and mental well-being.



How DST Affects Mental Health

Common Symptoms



Sleep Disruption
(sudden time changes)



Mood Changes
(irritability, sadness)



Cognitive Impairment
(reduced focus)



Seasonal Affective Disorder (ASD)
(especially in fall)

Studies show spikes in depression and anxiety around DST transitions, particularly in spring when we lose an hour of sleep.

—health.harvard.edu

Mental Health Strategies for DST Transitions



Before the Time Change

- Gradually adjust your sleep schedule
- Limit caffeine & alcohol
- Plan ahead



During the Transition

- Get morning sunlight
- Stay active
- Eat well



After the Change

- Practice mindfulness or meditation.
- Maintain a consistent routine.
- Seek support