



# *Great Changes*

## **Mental Health Monthly**

**October 2026**

**Daylight Savings Time - Facts & Tips**



Twice a year, in 98% of the US, people discuss, plan for and possibly dread the change of the clocks required by Daylight Savings Time. The change in sleep patterns affect mental health and physical health. Dr. Phyllis C. Zee, MD, PhD from Northwestern Medicine presents effects of and issues related to Daylight Savings Time. She reports facts about sleep deprivation and lists practical tips to navigate these times of the year.

<https://www.nm.org/healthbeat/healthy-tips/daylight-savings-time-your-health>

Therapists at Great Changes can also help navigate mood changes or sleep issues. Give us a call today.