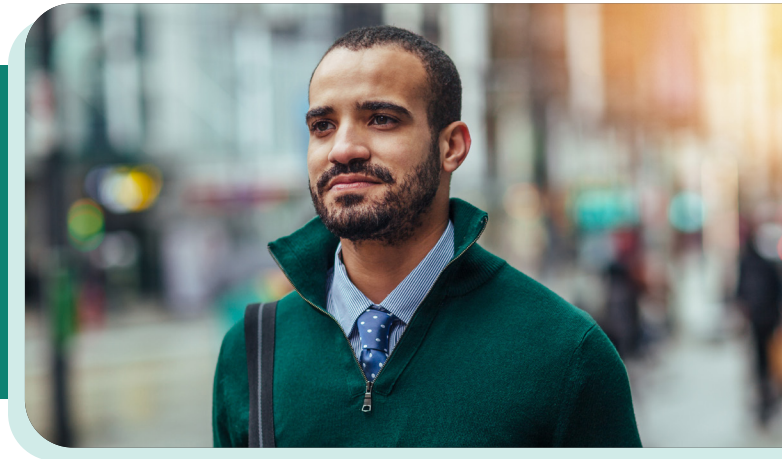


# Social jet lag: Are you at risk?



If your days off from work typically mean staying up an hour or two later than your normal bedtime, and then sleeping in the next morning—figuring you can catch up on sleep—you may want to rethink this habit. Later bedtimes and wake times disrupt circadian rhythm, the body's natural 24-hour sleep-wake cycle. The result? On your day back to work, the alarm goes off and you struggle to get out of bed. The official term for this is social jet lag. But you might know it as having a serious case of the snooze button blues.

## Why sleep consistency is your friend

If you vary your weekend schedule by more than an hour, this ongoing disruption of circadian rhythm can actually impact your health and wellbeing. Studies show that social jet lag is associated with an increased risk of obesity, diabetes, cardiovascular disease and depression. These effects are not erased by getting more sleep over the weekend because

Source: *Journal of Clinical Sleep Medicine*, Mayo Clinic, Sleep Foundation, Dunster, GP et al. (2018) *Sleepmore in Seattle: Later school start times are associated with more sleep and better performance in high school students*, *Science Advances*.

we need adequate sleep each night to properly regulate mental and physical functions.

“Staying up late to play on the weekends is like traveling to Hawaii every weekend and then coming back on Monday,” says Jason Ong, PhD, Nox Health’s Behavioral Sleep Medicine Director. “Once in a while is OK, but if you do it over and over, you can create the effects of jetlag (without enjoying the benefits of being in Hawaii) and it can have health consequences (besides the alcohol and other stuff people might consume).

## What can you do about it?

To avoid those Monday morning blues, try not to vary your weekend schedule by more than an hour, if possible. And make sure you get seven to nine hours of sleep on weekdays, as well as on the weekend.



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