

Media Release



99 Cornish Avenue
Winnipeg, Manitoba
R3C 1A2, Canada

www.misericordia.mb.ca

CARING • RESPECT • TRUST

Thursday, October 29, 2015

What difference does an hour make?

It's once again time to "fall back" into daylight savings time in the wee hours of Sunday morning.

That extra hour of Halloween partying might sound like a good idea, but will you be able to sleep in? Yawn! And how exactly does the time change affect your sleep pattern? How long will it take you to adapt to the time change?

Want to know more?

Interview Opportunity:

A Misericordia Sleep Disorder Centre sleep expert, Dr. Eleni Giannouli, is available for interviews tomorrow (Friday) from **11:30 a.m. – 12:30 p.m.** to answer questions related to sleeping and the time change!

Dr. Giannouli has tips for coping with the time change. Learn how to best reset your internal clock.

-30-

Media Contact:

Heidi Klaschka, Director of Communications & Information Technology

Tel: 204.788.8302 | Cell: 204.791.4417