

"For safety's sake—do something."

The "Fall Back" to Daylight Saving Time



Daylight Saving Time will end Sunday, November 1. After getting an extra hour of sleep, our internal body clocks can take up to a week to acclimate to this schedule shift. This may result in feeling temporarily sluggish which can impact our reaction time, decision-making skills, and concentration. Studies have shown that accidents increase around this time. By being aware of this, we can prevent incidents by staying alert and adding a little extra focus on our tasks.

- Get a good night's sleep.
- Avoid heavy foods before driving.
- Avoid medications that cause drowsiness.
- Watch for signs of drowsy driving.
 - Difficulty focusing, frequent blinking, and / or heavy eyelids.
 - Yawning repeatedly.
 - Fidgeting in your seat.
 - Trouble keeping your head up.
 - Difficulty staying in your lane.

Time Change Checklist. Did you remember to:

- Check and replace the batteries in your smoke detectors and carbon monoxide detectors.
- Check and replace the batteries in your flashlights.
- Check to see if your fire extinguishers need recharging or replaced.
- Check and replace any burned-out light bulbs, inside and outside.
- Properly dispose of expired medicines.
- Prepare a winter emergency kit for your automobile.

For more information about drowsy driving, visit the [National Sleep Foundation's drowsy driving website](#).

