

End of Daylight Savings



At 2am on the first Sunday of November, the clocks will fall back an hour to end daylight savings time and return to standard time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Even though this change makes many people temporarily gain an hour of sleep, our circadian rhythms are easily thrown off and many people may be more fatigued or have trouble sleeping for the following days.

To make the transition to standard time easier, try to maintain the same sleep and wake times.

The night the change happens, avoid staying up late to “take advantage” of the extra hour, as this is also disruptive to your circadian rhythm.

“Safety is a core value and business priority”

