

# DAYLIGHT SAVING TIME

In many places, clocks change two times each year. This is called daylight saving time.



One change happens in the spring. The other change happens in the fall.



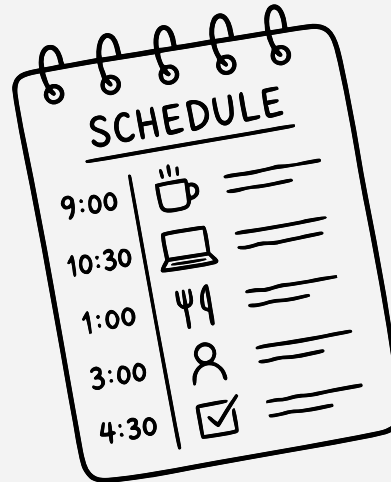
In spring, clocks move forward by one hour. I may get one less hour of sleep that night.



In fall, clocks move back by one hour. I may get one extra hour of sleep that night.



The clock changes, but the day still continues. My routines and activities are still there.

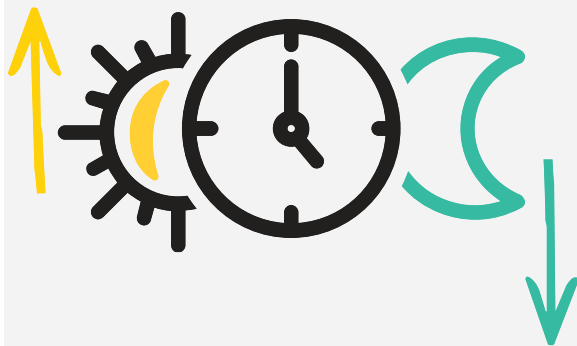


I may feel tired, confused, worried, or frustrated. These feelings are okay. Many people need time to adjust.

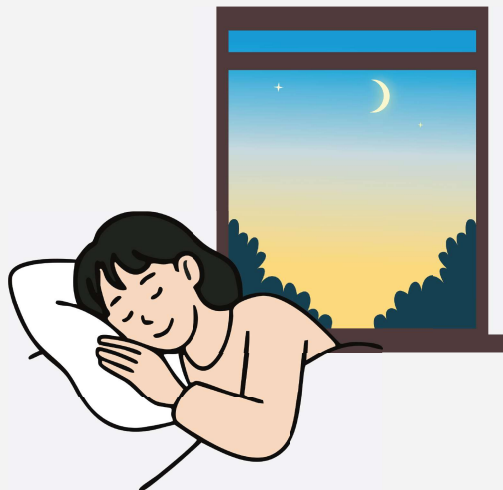


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The time change will make the sun rise and set at a different time.



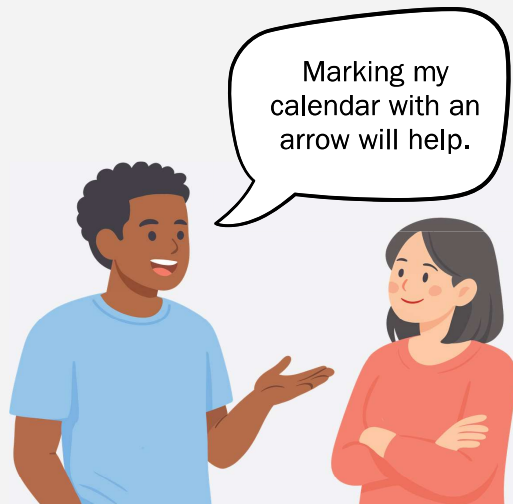
I may go to bed when it is still light or wake up when it is still dark.



If I am unsure about the time, I can ask someone I trust.



I can tell others what kind of support would help me.



I need to be patient with myself while I adjust.



I can care for myself by taking a break or using a calming tool.

