

SAFETY FIRST

DAYLIGHT SAVING TIME BEGINS MARCH 12



Daylight Saving Time starts next week on Sunday, March 12. This means you'll be "losing" an hour. Crashes and emergency room visits often increase in the week after DST begins, so be prepared.

DST causes problems because our body has to suddenly adapt to a new schedule, and it can be hard to get enough sleep. Use this week to start adjusting before the switch. Two to three days before DST, wake up 15–20 minutes earlier than usual. Then, on the Saturday before the time change, set your alarm clock back by an additional 15–20 minutes.

Remember that consuming caffeine, alcohol, and food before bedtime can affect the quality of your sleep. Be aware of what you're putting in your body as it might be affecting how you feel.

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