

Daylight Saving Time Ends



Autism Society
of NORTH CAROLINA



Tonight the clocks will change while I am sleeping.



It might feel like school or my activities are starting later.



At 2 a.m. when I am sleeping, the clock will change to 1 a.m.



In the afternoon, it will get dark earlier than usual.



This is the end of daylight savings, and it only happens once in the fall.

This will only happen on this one night.



At night, I might be more tired and want to go to bed earlier. That is OK.

It will be a change, but I will be OK.



I might wake up earlier than usual.



After a few days or so, my body will get used to the change.

Fold page here to follow along