Tonight the clocks will change while I am sleeping.

At 2 a.m. when I am sleeping, the clock will change to 3 a.m.

This is called daylight savings, and it only happens once in the springtime.

This will only happen on this one night.

But it means that when I have to wake up in the morning, it might be darker than usual.

When I wake up, I might be more tired because I will miss one hour of sleep.

When I wake up, it might feel very early to me, but it will be time to get up.

In the afternoon, it will not get dark as early as it does in the wintertime.

It might still be light outside when I am eating dinner, watching my shows, or getting ready for bed.

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

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