

SPRING FORWARD | MARCH 8, 2026



When we “spring forward,” we lose one hour of sleep. That small change can significantly affect alertness, reaction time, and focus — especially the first few days after the change.

Losing one hour of sleep can impact: **ALERTNESS, REACTION TIME, MOOD, FOCUS & DECISION-MAKING, DRIVING SAFETY, and MORE!**

How to prepare BEFORE the CHANGE: **go to bed 15-30 minutes earlier, reduce screen time before bed, limit caffeine late in the day, prepare mentally.**

AFTER the CHANGE: **get morning sunshine, stay hydrated, take short movement breaks, allow extra following distance when driving, double check details.**

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SPRING FORWARD

AT 2 A.M. SET YOUR CLOCK FORWARD TO 3 A.M.



If you feel off — slow down. Increase awareness. Give yourself extra time. One hour can make a difference. Plan ahead and stay alert.