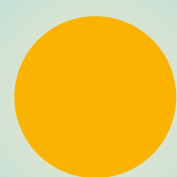


— Get Ready To Fall Back

THE END OF DAYLIGHT SAVINGS TIME



Maintaining Alertness & High Performance



Will begin on Sunday, Nov. 6th at 2:00 a.m. when clocks will be set back 1 hour.

WHAT TO EXPECT

- ✓ Take a bit longer to fall asleep for the first 4 nights.
- ✓ Get up a little earlier for the first 4 mornings.



ARE YOU A MORNING TYPE?

- ✓ If yes, then the end of Daylight Savings Time will be a more of an adjustment.
- ✓ If no, as an evening type, you find Fall Back a bit easier than Spring Forward.

7

Tips to Maintain Your Performance Edge

1



Go to bed 20-30 minutes later a couple of nights before Sunday, November 6th

2



Keep your same bedtime (remember: the average adult needs 7-9 hours/night).

3



Wake up at your regular time

4



Get natural sunlight as soon as you wake up

5



Expose yourself to natural sunlight during the day especially the afternoon

6



Take a walk early in the morning or late in the afternoon

7



Reduce your alcohol and caffeine intake about 2-3 hours before going to bed.

Zesty Sleep