

Time to spring forward!

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4 tips
for an
easier
daylight
saving
time
transition



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Tip #1:
Start a new rhythm



Set your alarm
earlier than usual on
Friday and Saturday.

Tip #2:
Eat breakfast



Food tells your body
it's time to start
the day!

Tip #3:
Go for a walk



Sunlight helps your
internal clock adjust.

Tip #4:
Let sleeping dogs lie



Get better ZZZs by
letting your dog
sleep in your bedroom.



Remember to turn
your clocks forward
one hour!



Nationwide®
is on your side