

Sunday November 4<sup>th</sup> is the day we will “fall back” an hour this year. It’s just an hour but it’s surprising how many things it can change.

Remember:

Turning the clock back affects your body’s internal clock. You’re likely to be more fatigued than usual until your body makes the adjustment.

You may be commuting in the dark more frequently which you’ve not done in 6 months. Driving in the dark increases drowsiness, which in turn, increases the number of wrecks during the first several weeks after the time change.

Your Glasgow Police Department wants you and your family to be safe on our roadways. Take the time to buckle up, drive the speed limit, eliminate distractions and enjoy the ride!