Daylight saving time sleep plan: shift your bedtime before the clocks change

Lull Clock-change planner · instacalc.co

Four-night planner: example, clocks go back

Bed and alarm for a usual bedtime of 10:30 PM and an alarm at 6:30 AM, clocks going back

NIGHT	BED	ALARM
3 nights before (Wednesday)	10:45 PM	6:45 AM
2 nights before (Thursday)	11:00 PM	7:00 AM
1 night before (Friday)	11:15 PM	7:15 AM
Change night (Saturday)	11:30 PM	6:30 AM (new clock)

Spring: when the clocks go forward

The same usual times, clocks going forward

NIGHT	BED	ALARM
3 nights before (Wednesday)	10:15 PM	6:15 AM
2 nights before (Thursday)	10:00 PM	6:00 AM
1 night before (Friday)	9:45 PM	5:45 AM
Change night (Saturday)	9:30 PM	6:30 AM (new clock)

Next changes as of October 2026: United States back on Sunday, November 1, 2026; Canada back on Sunday, November 1, 2026; United Kingdom back on Sunday, October 25, 2026; European Union back on Sunday, October 25, 2026; Australia back on Sunday, April 4, 2027.

- Before bed on the change night, set any clock that does not change by itself (the NSW Government's tip).
- Get outside in the morning on the days after the change (also the NSW Government's tip).
- From Sunday, go back to your usual times on the new clock.

The Lull app for Android plays a sound that stops a minute before your phone's alarm. More at instacalc.co/app/

© 2026 Quiet Hours Studio. All rights reserved. A Quiet Hours Studio project · Serbia. General information, not medical advice.