



Top tips for winter safety

Clock the time change

When the clocks go back, it can alter how you think, how you react and the quality of your sleep. It can take up to three days to adjust to the time shift. Take extra care during the first week after the change to allow your body to adapt.

In 2020 the clocks go back at **2am on Sunday, 25 October**

Visit [HighwaysSafetyHub/wintersafety](https://www.highwaysafetyhub.co.uk/wintersafety) to find out more.