



News Release

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SPRING FORWARD: AAA ENCOURAGES DRIVERS TO PREPARE

Drivers' Body Clocks Take Time to Adjust To Time Change

VIRGINIA BEACH, VA (Friday, March 8, 2013) – In the wee hours of Sunday morning we 'spring forward' and lose an hour of our day to Daylight Saving Time. Monday morning, many drivers will be tired traveling to work. AAA Tidewater Virginia recommends motorists use additional caution and modify their driving habits, especially during the first week of Daylight Saving Time, when their bodies are still adjusting to the change in time.

"Each spring we go through the ritual of setting our clocks forward, but our bodies don't adjust as easily," said Georjeane Blumling, Vice President of Public Affairs for AAA Tidewater Virginia. "Ninety percent of a driver's reaction time is dependent upon vision, which is limited in darkness. A change in time can affect people physically and drivers can be more tired than they realize."

In addition to setting clocks forward one hour, motorists should be prepared to face reduced visibility during the morning commute. "The morning commute will be darker, so drivers can expect impaired visibility," added Blumling "If you begin your commute in the early morning, you may need to turn on your headlights as you drive to your destination. We also advise motorists to be extra cautious in residential neighborhoods and school zones during the morning commute where school children may be walking in the dark."

Drivers are furthermore advised to pay extra attention during the afternoon and evening commutes as warmer weather sets in and many more pedestrians, bicyclists and children venture outside to enjoy the longer daylight hours, noted the AAA spokeswoman.

Daylight Saving Time Change – Quick Advice for Drivers:

- Get plenty of sleep
- Use headlights
- Drive cautiously
- Watch for school children and other pedestrians

As part of North America's largest motoring and leisure travel organization, AAA Tidewater Virginia provides its more than 325,000 members with travel, insurance, financial and automotive-related services. Since its founding AAA Tidewater Virginia has been a leader and advocate for the safety and security of all travelers. For more information, visit AAA.com and follow us on Twitter at [Twitter.com/AAATWnews](https://twitter.com/AAATWnews).

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