

Remember to put clocks back this weekend

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Make sure you remember to put your clocks back this weekend, as British Summer Time ends on Sunday 28 October. You don't want to miss out on that extra hour in bed.

Reset clocks on Saturday night

You should reset your household clocks, watches and time-based equipment on Saturday night, so you don't spend Sunday trying to figure why you're early and everyone else is late. The equipment you may need to reset includes:

- clocks – especially alarm clocks
- central heating and hot water timers
- your mobile phone and computer (if their time zone settings do not instruct them to automatically take the correct local time from the internet)

Britain and Europe

British Summer Time starts on the last Sunday in March and ends on the last Sunday in October, at 1.00 am Greenwich Mean Time.

This means that:

- in autumn the clocks go back – at 2.00 am British Summer Time moves to 1.00 am Greenwich Mean Time
- in spring the clocks go forward – at 1.00 am Greenwich Mean Time moves to 2.00 am British Summer Time

Since 2002, clocks have changed on standard dates throughout the EU, making things easier for people travelling. The British Isles constantly remains an hour behind most of Central Europe.

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