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(Regional)-Clocks Fall Back An Hour

By: Jeremy Anderson Posted at: 11/03/2012 08:26 AM

OMAHA, Neb. (AP) - It's time to fall back.



Standard time returns this weekend at 2 a.m. Sunday, so set your clocks back an hour before going to sleep Saturday.

The change means most Americans will get an extra hour of rest, but those working overnight shifts might toil an hour longer. It also means some will forget to change their clocks, and show up early for church or other events on Sunday.

Daylight time returns in March.

Not everyone in the U.S. makes the switch from standard time. The exceptions are Hawaii, most of Arizona, Puerto Rico, the Virgin Islands, American Samoa, Guam and the Northern Marianas.