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Falling Back in Henderson: Helping Seniors Adjust to Shorter Days and Earlier Nights

The end of daylight saving time brings one extra hour of sleep, but the adjustment isn't always easy for older adults. In 2026, clocks will move back one hour on **Sunday, November 1**, as most of the country returns to standard time.

Earlier sunsets can affect sleep, meals, evening activities, driving, and safety at home. Dim evening light can also raise a senior's [fall risk](<https://alwaysbestcare.com/henderson/balance-tracking-system/>). With a little preparation and help from a trusted [caregiver](<https://alwaysbestcare.com/henderson/caregivers/>), families can help older loved ones settle into the new schedule comfortably and confidently.

What you will learn:

- Simple ways to help your loved one ease into the new sleep schedule, one small step at a time.
- How to keep medication routines on track and stress-free when the clocks change.
- Cozy, practical tips for brightening the home and lowering fall risk as evenings get darker.

- Friendly ideas for safer travel, staying active, and keeping seniors happily connected all season long.

Ease Into a New Sleep Schedule

A one-hour change may sound minor, yet it can temporarily disrupt the body's natural rhythm. A few days before the clocks change, encourage your loved one to shift bedtime and wake-up time gradually.

Morning light can help reset the sleep-wake cycle. Open the curtains after waking or enjoy a short outdoor stroll during the day. Try to keep naps brief and avoid late-afternoon sleeping, which may make nighttime rest harder.

Keeping meals, activities, and bedtime routines consistent can also provide a helpful sense of structure.

Review Medication Routines

Many seniors take medication at set times connected to meals, waking, or bedtime. For most prescriptions, a one-hour clock change isn't a serious concern. Still, some medications require precise timing.

****Before November 1:****

- Check pill organizers and medication lists.
- Confirm that reminders are accurate.
- Ask a doctor or pharmacist about any medication that must be taken at an exact time.
- Don't change prescription schedules without professional guidance.

A quick review now can prevent confusion later.

Brighten the Home Before Sunset

The biggest challenge may not be the clock—it may be the earlier darkness. Dim hallways, stairs, bathrooms, and entryways can increase the risk of trips and falls, especially for seniors with vision or balance changes.

Walk through the home during the late afternoon and look for shadowy areas. Consider adding:

- Brighter bulbs in frequently used rooms
- Nightlights near the bedroom and bathroom
- Easy-to-reach light switches
- Motion-sensor lighting along walkways
- Clear paths free from cords, clutter, and loose rugs

Outside, check porch lights, steps, driveways, and walkways. Fallen leaves can hide uneven surfaces and become slippery after rain.

Rethink Evening Driving

Earlier sunsets can make familiar routes feel more difficult. Glare from headlights, reduced contrast, and trouble seeing pedestrians or obstacles may affect nighttime driving.

If your loved one feels uneasy behind the wheel after dark, plan appointments and errands earlier whenever possible. Family members, friends, community transportation, or professional caregivers may help with rides.

The aim isn't to take away independence. It's to make sure driving decisions match current comfort and safety.

Watch for Mood and Routine Changes

Shorter days may lead some seniors to spend less time outdoors, skip social activities, or become less active. Pay attention to changes in sleep, appetite, mood, or interest in favorite hobbies.

Daytime visits, phone calls, walks, crafts, and regular outings can help maintain connection. A steady routine often makes seasonal changes feel less disruptive.

If fear of falling causes your loved one to avoid normal activities, take it seriously. Reduced movement can gradually affect strength, balance, and independence.

How Always Best Care of Henderson Can Help

At Always Best Care of Henderson, we understand that small seasonal changes can create large challenges for older adults. Our **[**in-home care services**]** (<https://alwaysbestcare.com/henderson/in-home-care/>) and **[**companion services**]** (<https://alwaysbestcare.com/henderson/resources/5-benefits-of-companionship-for-seniors/>) offer transportation assistance, medication reminders, help with daily routines, and support with safe movement around the home.

Our caregivers work with seniors and families to create dependable support that fits everyday needs, because a little help can go a long way.

Turning back the clock takes only a moment, but adjusting to darker evenings can take longer. Updating sleep routines, improving lighting, and taking fall-prevention steps can help seniors stay safe, comfortable, and independent all season.

To learn how [Always Best Care of Henderson] (<https://alwaysbestcare.com/henderson/contact/>) can help your loved one, call ****(702) 200-7089** (tel:+17022007089) to arrange a care consultation.

Frequently Asked Questions

When does daylight saving time end in Henderson in 2026?

Daylight saving time ends on ****Sunday, November 1, 2026****. Clocks move back one hour at 2:00 a.m.

Should seniors change medication times after the clock changes?

Not automatically. Ask the prescribing doctor or pharmacist, especially for medications that depend on exact timing.

How can families reduce fall risks after sunset?

Improve lighting, remove clutter and loose rugs, clear outdoor walkways, and encourage supportive footwear. Nightlights near the bedroom and bathroom can be especially useful.

What if a senior no longer feels safe driving at night?

Schedule errands earlier and arrange rides through family, friends, community services, or professional caregivers. A conversation with the senior's doctor may also help assess driving concerns.