



Daylight Savings Time



Daylight Savings Time, (DST), is a way of making better use of the natural daylight by setting the clock forward one hour during the summer months, and back again in the fall. Most states observe DST with it beginning on the second Sunday of March and ending on the first Sunday of November. In March, clocks are moved forward one hour from 2:00 a.m. standard time to 3:00 a.m. DST, and in November, clocks are moved back one hour from 2:00 a.m. DST to 1:00 a.m. standard time.

The phrases "spring forward" and "fall back" are helpful reminders of these time changes. Most people change their clocks before they go to bed. They also may change the battery in their smoke detectors.

WHERE TO FIND EQUIPMENT:

Clocks with a variety of options and personalities can be purchased through companies such as Harris Communications, MaxiAids or Hear-More. You can type in a search for clocks for deaf and hard of hearing and several choices will come up.

Harris Communications

15155 Technology Drive
Eden Prairie, MN 55344

Voice: 800-825-6758

TTY: 800-825-9187

VP: 952-388-2152

Website:

www.harriscomm.com/

Maxi-Aids, Inc.

42 Executive Blvd.,
Farmingdale, NY 11735

Voice: 800-522-6294

TTY: 800-281-3555

Website:

www.maxiaids.com

Hear-More

42 Executive Blvd.
Farmingdale, NY 11735

Voice: 800-881-4327

TTY: 800-281-3555

VP: 631-752-1145

Website:

www.hearmore.com

There are many different features and types of clocks for individuals with hearing loss. Here are a few samples:



Compliments of North Dakota School for the Deaf/Resource Center for the Deaf and Hard of Hearing
A division of the Department of Public Instruction, Kirsten Baesler Superintendent.



Hickory Dickory Dock

Its time to change the clock

Standard alarm clocks are not very effective at waking people with hearing loss. Even if people with hearing loss have audible access to the alarm clocks with their amplification, hearing aids and cochlear implants are taken off before the individual goes to bed.

There are clocks designed with a combination of special features that make them ideal solution for people with a hearing loss.

Extra loud audible alarms

Some clocks have adjustable volume up to 113 dB and tone control which allows to adjust the frequency of the alarm to a frequency that is easier to hear for the person with a hearing loss



Bed shaker

Almost all alarm clocks designed for people with hearing loss come with a bed shaker that you can place under the mattress or pillow. It vibrates when the alarm goes off.



Note: unless it has a clip, it is best to place under the mattress so it stays in place until morning.

Lamp flasher

Allows a lamp to be plugged into an outlet in back of the clock or into the end of the cord, depending on the clock. It makes the lamp flash when the alarm goes off. Some clocks now have the light built into the clock itself.



Portable options:

Travel Clocks: There are also smaller alarm clocks designed for traveling. They are battery operated and can alert through vibration and/or audible alerts.



Watches and Timers: There are vibrating watches and timers that operates like normal watches and timers, with the addition of vibration. Watches are starting to be smartphones on wrists and can have added alarms such as for phone ringing or car honking.



Information on this page came from Harris Communication's Assistive Technology Guide.