

How To Avoid Syncing Interruptions During Daylight Savings Time Changes



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Avoid Syncing Interruptions



If you are running a study overnight during a Daylight Savings Time change, the “*Adjust for daylight saving time*” option in your date and time settings on your laptop or tablet **MUST** be turned off.

Make this change BEFORE you begin your study!

IMPORTANT

If there is a time difference between the recording and the video, the EEG software will not recognize the video being associated with the EEG.

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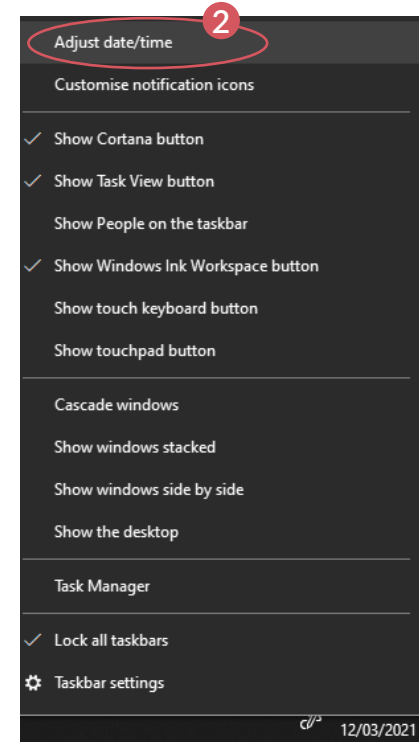
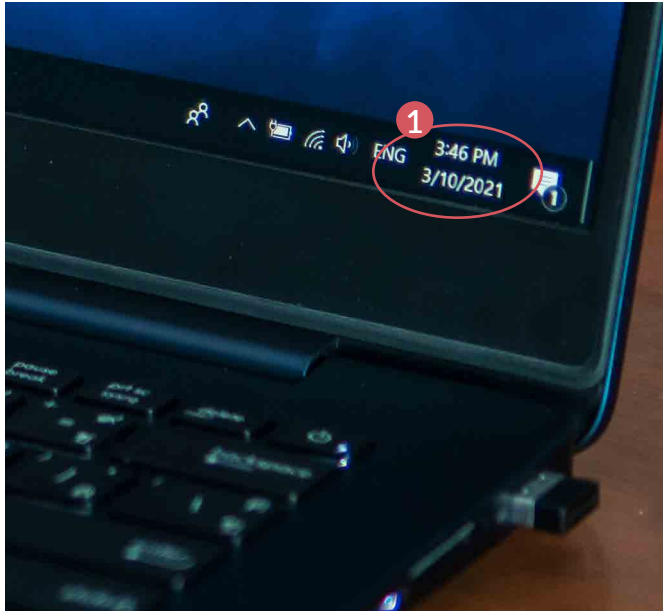


Access The Date/Time Settings



1 Right click on the time or date in the task bar

2 Select Adjust date/ time



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Change The Following Settings



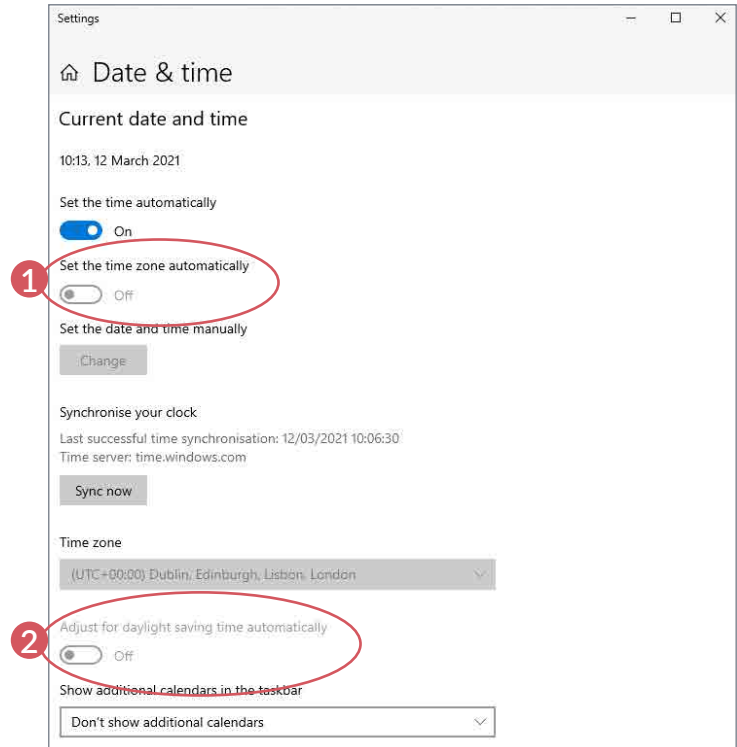
1 Turn off the option

“Set the time zone automatically”

2 Turn off the option

“Adjust for daylight saving time automatically”

Now you are ready to record.





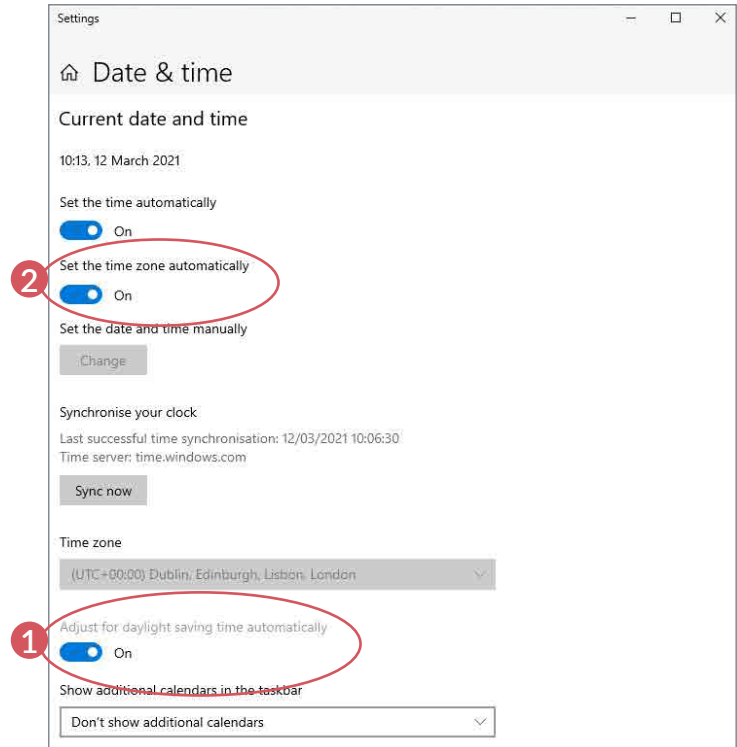
When Your Study Is Complete



Don't forget to correct your tablet or laptop's time, once your weekend EEG recording is complete.

To do this:

- 1 Turn on**
“Adjust for daylight saving time automatically”
- 2 Turn on the option**
“Set the time zone automatically”



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