

How To Avoid Syncing Interruptions During Daylight Savings Time Changes



[Avoid Syncing Interruptions](#)
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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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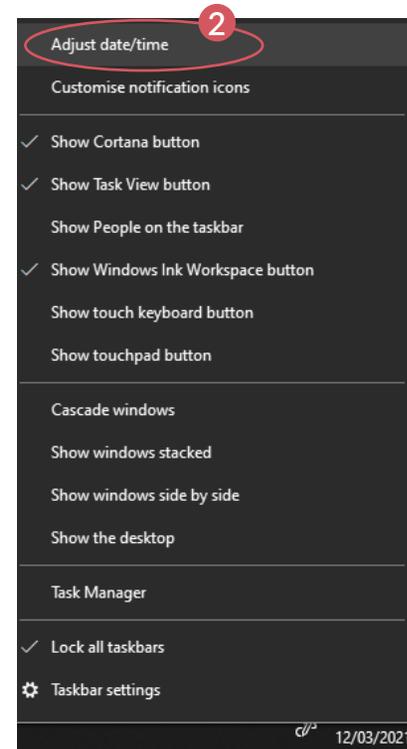
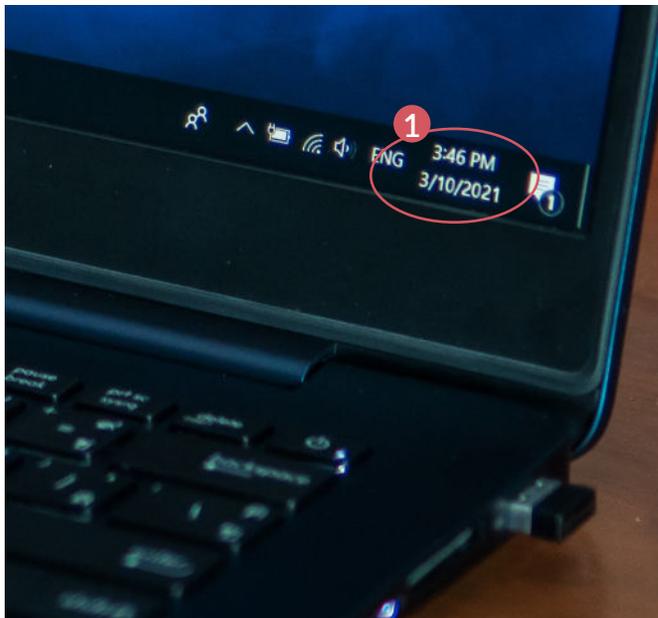


Access The Date/Time Settings



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

2 Select Adjust date/ time



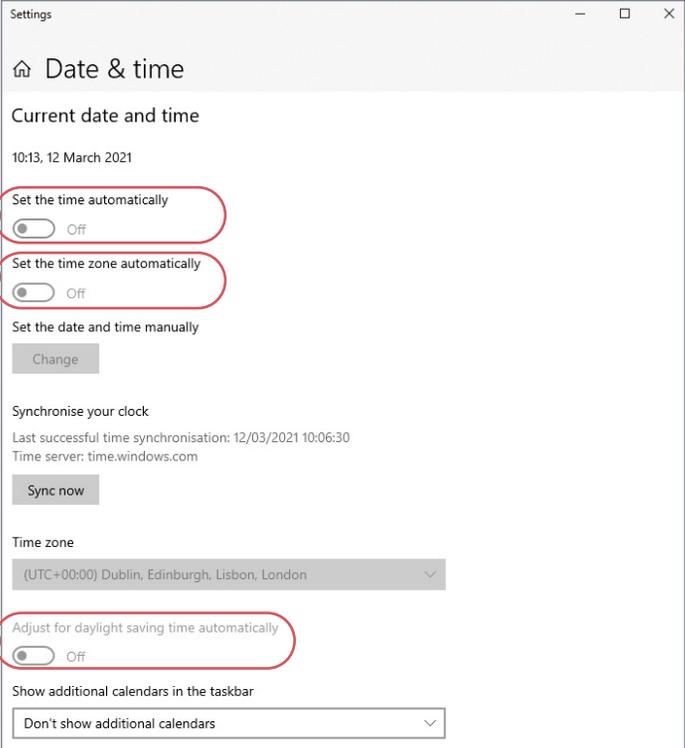
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Change The Following Settings



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

Now you are ready to record.



Settings

🏠 Date & time

Current date and time

10:13, 12 March 2021

- 1 **Set the time automatically**
 Off
- 2 **Set the time zone automatically**
 Off

Set the date and time manually

[Change](#)

Synchronise your clock

Last successful time synchronisation: 12/03/2021 10:06:30
Time server: time.windows.com

[Sync now](#)

Time zone

(UTC+00:00) Dublin, Edinburgh, Lisbon, London ▼

- 3 **Adjust for daylight saving time automatically**
 Off

Show additional calendars in the taskbar

Don't show additional calendars ▼



When Your Study Is Complete

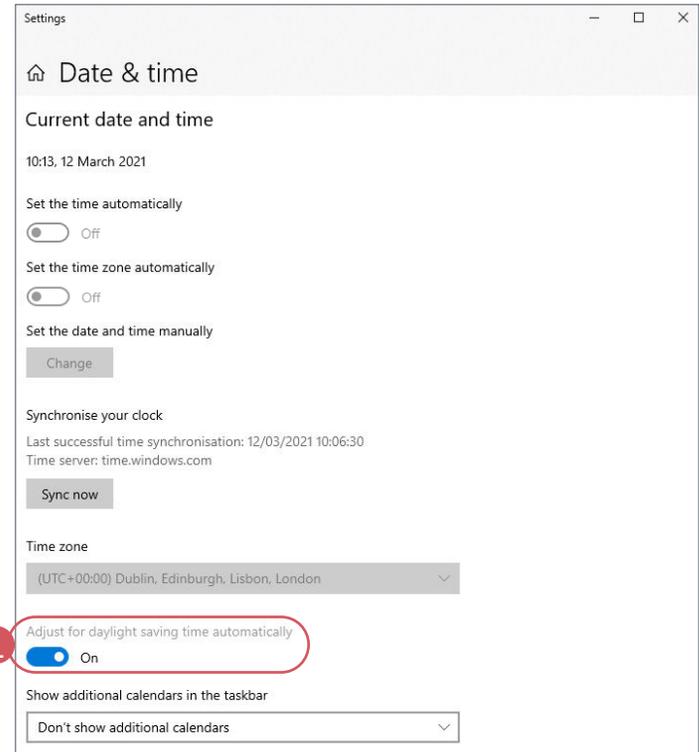


Don't forget to correct your tablet or laptop's time, once your weekend EEG recording is complete.

To do this:

- 1** Turn on
“Adjust for daylight saving time automatically”

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For additional assistance

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