

Why Do We Change the Clocks? | Curious English

English learning resource · EN

Key words & expressions · English

3 learning entries

Study task: Listen again and notice the expressions you studied.

1

put the clocks back / forward

DEF

To change the time shown on clocks by one hour earlier or later for the seasonal time change.

Back means one hour earlier; forward means one hour later. The clocks go back describes the change itself. Dates and rules depend on the country.

We put the clocks back in autumn.

Remember to put the kitchen clock forward when summer time begins.

2

an extra hour in bed

DEF

One additional hour spent resting or sleeping in bed.

Extra means additional, not unusually long. The phrase describes time in bed, so it does not guarantee an extra hour of sleep.

I am hoping for an extra hour in bed on Sunday.

After a busy week, she enjoyed an extra hour in bed.

3

your body clock

DEF

Your body's internal sense of timing, including when you feel ready to sleep or wake up.

An everyday expression often used to explain feeling awake or sleepy at a different time from the clock. This language lesson is not medical or sleep advice.

The clock says seven, but my body clock thinks it is eight.

After the long journey, my body clock was still on home time.

