

State Government: Daylight Saving Time
Senate Bill 10

Article 1:

Daylight saving time: Pros, cons and health tips

Being a writer, I can't help but start with the pernicky observation that we all too often call this thing daylight savings time when, in fact, it is daylight saving time. It's a grammar thing. But also quite important because DST is about saving daylight, rather than savings you make in the daylight...

Whatever. In Europe, we call it [summertime](#).

What is daylight saving time (DST)?

DST was first introduced in Germany in 1916 as a means to move more of the working day into sunlight hours when resources became tight during World War I. Other countries followed suit.

We move the clocks forward by one hour in spring and back again in the autumn.

Humans and other animals have a natural sense of time, a [circadian rhythm](#), that develops before birth. It is a basic part of us and our lives.

The ticking of your inner clock

Messing with that rhythm can be dangerous. Researchers see spikes in car crashes and heart attacks when clocks go forward — more about that later.

But we also want to capitalize on the amount of natural light we get during the active or working parts of our days.

So, a string of countries, including those in the European Union, want to [abolish this twice-annual shifting of time](#). Turkey and parts of Canada have already made the move.

Others, including the US, also want the benefits of DST permanently. Supporters of the [Sunshine Protection Act](#) say it will be good for economic activity — one of the oldest arguments in favor of DST.

More pros of DST

'Longer' days: When we move the clocks forward, we move one hour of sunlight into the afternoons and evenings. But it only alters our perception of when the sun rises and sets. That doesn't change in itself.

What changes is when we have natural light in our lives — whether that's at the start of our days or when we end them and want to relax. People say longer sunlit evenings benefit the economy as we stay outdoors longer shopping, eating or playing sports.

Less artificial light: This depends on where you live. DST makes no difference at the equator, for instance, where daylight hardly fluctuates from one month to the next.

But if you can get a sunlight boost, it can be good for your health.

What do we need vitamins and minerals for?

Sunlight helps you store [vitamin D](#), which helps you absorb calcium, improving bone growth.

Natural light is good for your eyesight, especially when it comes to kids. It helps the eyes produce dopamine, which lowers the risk of developing nearsightedness (also known as shortsightedness).

And natural light helps you sleep well. That can improve your mood and help with mental health concerns such as depression.

A few cons of DST

Energy savings? There is conflicting evidence — for and against — the idea that DST saves energy. [Turkey switched to permanent DST](#) in 2016, claiming the change would save energy. But when researchers investigated the impact of the move up to the year 2020, they found no significant energy saving on price or consumption due to DST.

A US Department of Energy study in 2008, however, found that four weeks of DST could yield an energy saving of up to "1.3 billion kilowatt-hours — or the amount of electricity used by more than 100,000 households for an entire year."

So, it may depend on where you live and the energy infrastructure in your country.

Connection between light color and fatigue

Health risks: Researchers have linked a range of health risks with DST. They have often observed an increase in heart attacks, strokes and other cardiovascular conditions around the time that the clocks change — the so-called DST transitions.

One American study in 2018 found that [hospital admissions for atrial fibrillation](#) (AFib), a common type of irregular heartbeat, go up around the time of DST transition in the spring. AFib can lead to blood clots, stroke and heart failure.

Some studies indicate a reduction in the number of heart conditions when DST ends.

Disrupted sleep: While we adjust to DST, it's common to experience bad or a total lack of sleep. That can affect your memory, your ability to focus and make decisions and your ability to react quickly if necessary, such as while driving. It can make you irritable and affect eating habits. It also means we may stay up longer and get less sleep overall.

Depression: [DST may also cause depression](#). A Danish study published in 2017 said it was likely that DST caused an "increase in the incidence rate of depressive episodes [...] because daylight saving time transitions affect circadian rhythms, which are implicated in the [cause] of depressive disorder[s]."

Healthy tips for dealing with DST

Start preparing for the transition to DST about a week before it happens.

Go to bed 15-20 minutes earlier every night. If nothing else, experts say it will help you stock up on rest. But it may also help you to get up that little bit earlier each day as well.

Avoid extra caffeine and naps in the afternoon. They will make it harder for you to sleep at night. In fact, have your last shot of coffee by about 2 p.m. during DST transition.

Go for a walk or open a window. Get out early and take in some morning sunlight.

Darken the room. Try to avoid using electronic devices before you sleep. This is good advice at any time, but especially good when the clocks go forward. Artificial screen light [has been shown to affect sleep](#).

And, finally, take it easy. If you feel drowsy, don't drive. If you feel unwell, see a doctor.

<https://www.dw.com/en/daylight-saving-time-pros-cons-and-health-tips/a-61163571>

Article 2:

U.S. Senate approves bill to make daylight saving time permanent

By: David Shepardson March 16, 2022

WASHINGTON, March 15 (Reuters) - The U.S. Senate on Tuesday passed legislation that would make daylight saving time permanent starting in 2023, ending the twice-annual changing of clocks in a move promoted by supporters advocating brighter afternoons and more economic activity.

The Senate approved the measure, called the Sunshine Protection Act, unanimously by voice vote. The House of Representatives, which has held a committee hearing on the matter, must still pass the bill before it can go to President Joe Biden to sign.

The White House has not said whether Biden supports it. A spokesman for House Speaker Nancy Pelosi declined to say if she supports the measure but said she was reviewing it closely.

Senator Marco Rubio, one of the bill's sponsors, said supporters agreed the change would not take place until November 2023 after input from airlines and broadcasters.

The change would help enable children to play outdoors later and reduce seasonal depression, according to supporters.

"I know this is not the most important issue confronting America, but it's one of those issues where there's a lot of agreement," Rubio said. "If we can get this passed, we don't have to do this stupidity anymore."

"Pardon the pun, but this is an idea whose time has come," he added.

The National Association of Convenience Stores opposes the change, telling Congress this month "we should not have kids going to school in the dark."

On Sunday, most of the United States resumed daylight saving time, moving ahead one hour. The United States will resume standard time in November.

Since 2015, about 30 states have introduced legislation to end the twice-yearly changing of clocks, with some states proposing to do it only if neighboring states do the same.

The House Energy and Commerce committee held a hearing on the issue last week, where Representative Frank Pallone, the committee's chairman, said, "The loss of that one hour of sleep seems to impact us for days afterwards. It also can cause havoc on the sleeping patterns of our kids and our pets."

Pallone backs ending the clock-switching but has not decided whether to support daylight or standard time as the permanent choice.

At the hearing, Beth Malow, director of the Vanderbilt Sleep Division, argued daylight savings time makes it harder to be alert in the morning, saying it "is like living in the wrong time zone for almost eight months out of the year."

Pallone cited a 2019 poll that found 71% of Americans prefer to no longer switch their clocks twice a year.

Supporters say the change could prevent a slight uptick in car crashes that typically occurs around the time changes and point to studies showing a small increase in the rate of heart attacks and strokes soon after the time change. They argue the measure could help businesses such as golf courses that could draw more use with more evening daylight.

"It has real repercussions on our economy and our daily lives," said Senator Ed Markey, another leading sponsor.

Daylight saving time has been in place in nearly all of the United States since the 1960s after being first tried in 1918. Year-round daylight savings time was used during World War Two and adopted again in 1973 in a bid to reduce energy use because of an oil embargo and repealed a year later.

The bill would allow Arizona and Hawaii, which do not observe daylight saving time, to remain on standard time as well as American Samoa, Guam, the Northern Mariana Islands, Puerto Rico and the U.S. Virgin Islands.

<https://www.reuters.com/world/us/us-senate-approves-bill-that-would-make-daylight-savings-time-permanent-2023-2022-03-15/>