

Daylight Savings Talking Points

- Daylight savings no longer serves its purpose. It was designed to save energy during times of war and crisis but will no longer do so as the main source of electricity is now technology and not household lighting.
- Scientists have connected a number of health consequences with the start of daylight saving time.
- Research from University of Michigan shows a 24%¹ jump in the number of heart attacks occurring the Monday after we “spring forward” for daylight saving time compared with other Mondays throughout the year.
- The reason more heart attacks happen on Monday mornings could be attributed to several factors, including the stress of starting a new workweek and inherent changes in our sleep-wake cycle.
 - With daylight saving time, all of this is compounded by one less hour of sleep.
- Risk of heart attack is generally highest in the early morning year-round, but “springing forward” causes a sharp increase in early morning heart attack rates because of the earlier-than-usual wake times when the body’s cardiovascular state is least steady and more vulnerable to stress.
- Research from the American Journal of Neurology also indicates an 8% spike in the risk of stroke immediately following Daylight Savings Time²
- Between employment fatigue following daylight savings time, increased heart attack risk, and increased automobile accidents, economists estimate that the annual spring time change costs the American economy US\$434 million each year.³

¹ [1] <https://psycnet.apa.org/doiLanding?doi=10.1037%2Fa0015320>

²<https://www.aan.com/PressRoom/Home/PressRelease/1440>

³ [1] <http://www.chmuraecon.com/blog/2016/march/11/sleepbetter-lost-hour-economic-index/>

Additional Sources:

<https://healthblog.uofmhealth.org/heart-health/why-daylight-saving-time-could-increase-your-heart-attack-risk>

<http://www.chmuraecon.com/blog/2016/march/11/sleepbetter-lost-hour-economic-index/>

<https://www.inc.com/jessica-stillman/experts-to-public-daylight-savings-time-is-a-434m-problem-we-could-easily-fix.html>

https://www.energy.gov/sites/prod/files/2015/05/f22/epact_sec_110_edst_report_to_congress_2008.pdf