

Daylight Savings Time

LETTERS

Daylight Savings Time

Changing the time causes us bodily harm which should be taken seriously. It disrupts the body clock which becomes completely normal again only in the fall when the clock is set back. Changing the time has adverse effect on sleep-wake cycles, cognitive function, mood, defense against infections, workplace accidents, decreased productivity, cell regeneration, hormone production, metabolic function, etc.

On the Monday following the change in time in the spring, the daily heart attack rate goes up by 24%. There is a significant increase in the number of automobile accidents on the Monday after the time change in the spring and on the Sunday after the fall shift. Alcohol related fatal crashes increases significantly for the first seven days after the spring shift.

In the 21st century we do not need the benefits of the day light savings. Because it does lot of damage we should stop playing with time and get rid of this change.

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