

“Standard Time is Healthier than DST”

According to news reports, sleep scientists strongly prefer standard time to DST claiming that experiments show that the one-hour difference in the placement of daylight relative to your wake time changes health outcomes.

What you are about to see are the variables inherent to living on a sphere that render that claim very puzzling. All examples compare two cities within a given time zone on a given day, and presume people are setting their alarm clocks for the same time.

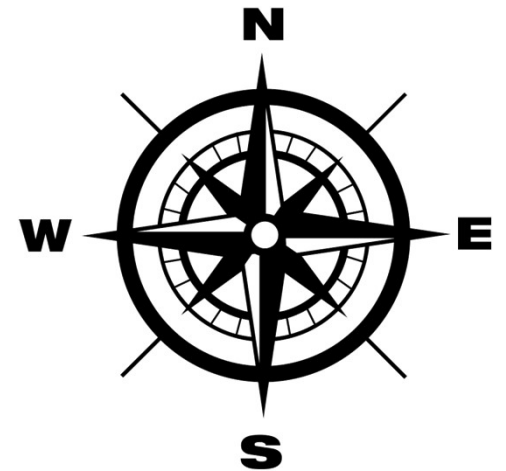
If being an hour off on your clock vs sunrise is deemed unhealthy, each time zone is going to have many people suffering health effects for not living at the ideal coordinates, no matter what time scheme is adopted, if fine tuning of our sleep to light schedule is required.

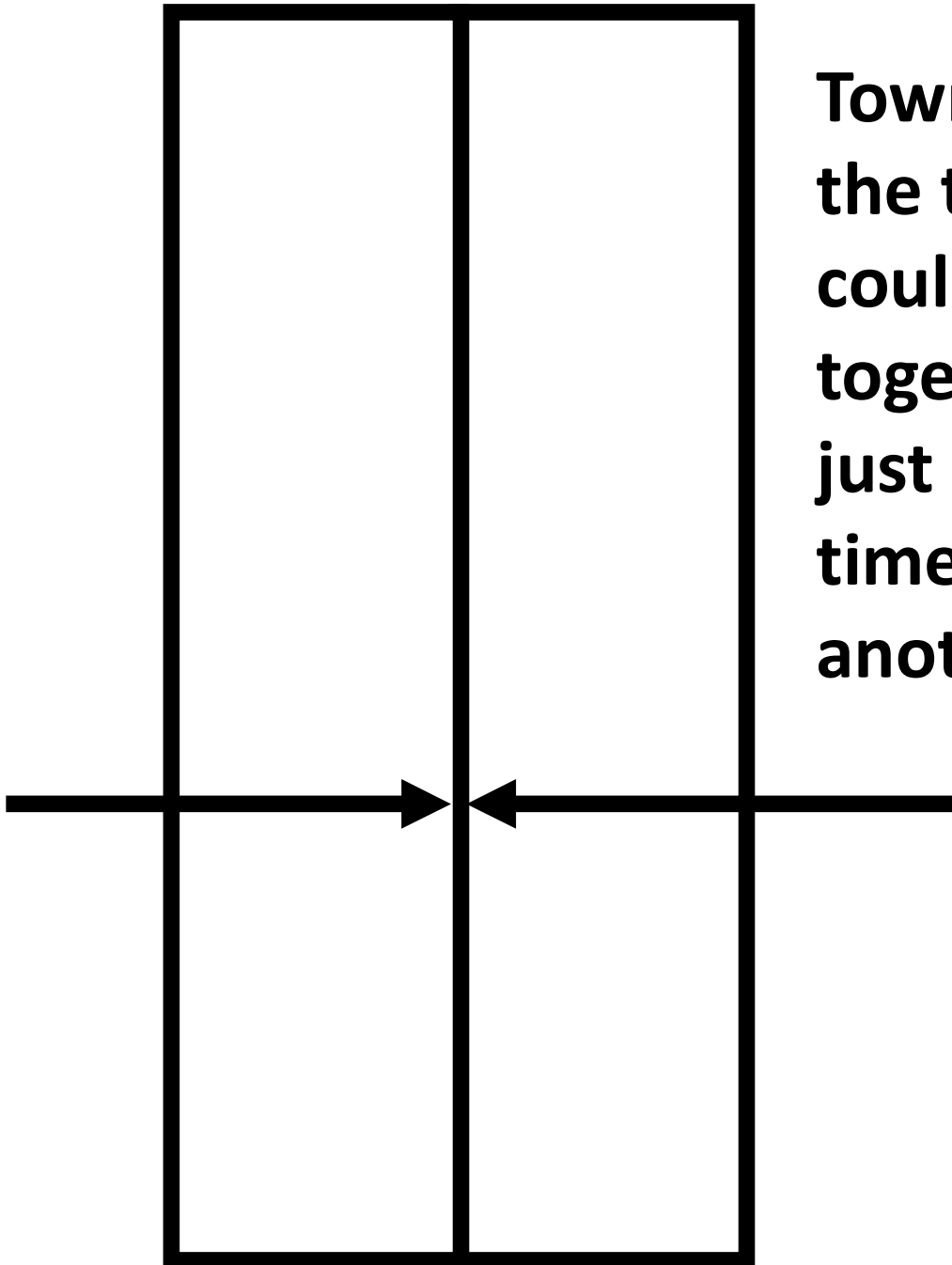
**It takes the sun one hour
to cross a time zone.**

People on the east and
west edges will be getting
up simultaneously,

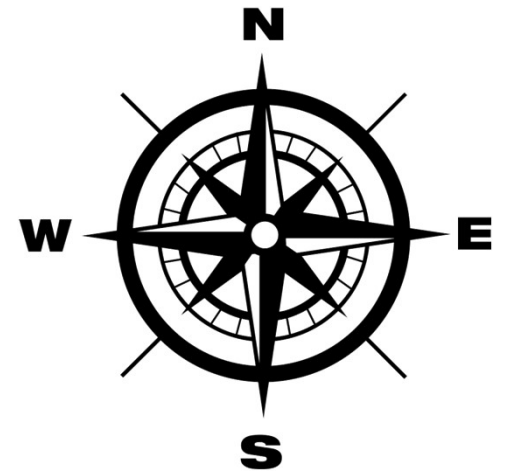


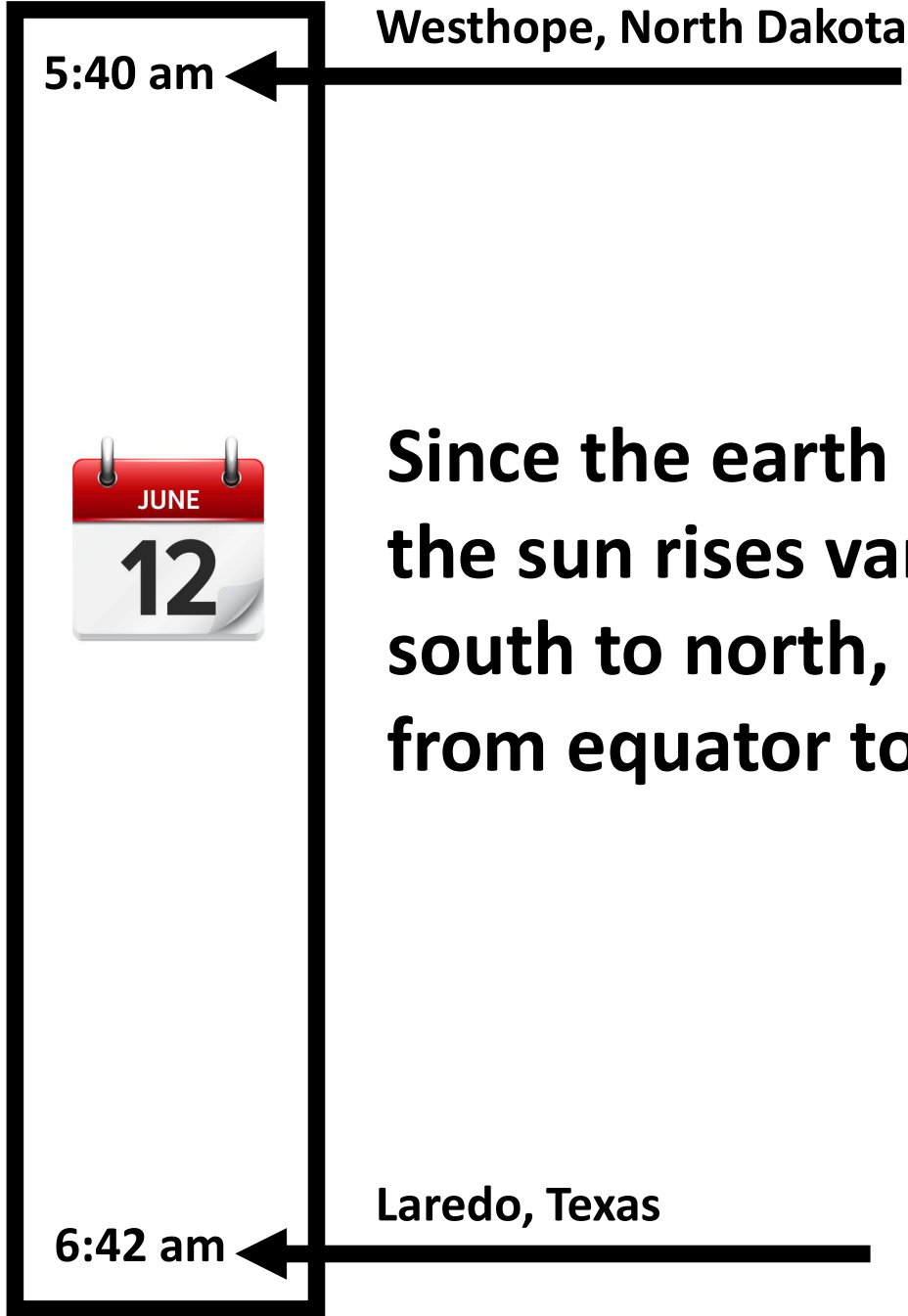
but one gets up in the
light, and one gets up in
the dark.



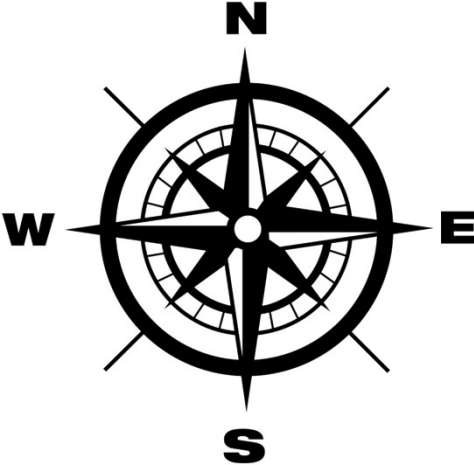


Towns butted up against the time boundary will could watch the sun rise together, but the person just inside the western time zone will be sleeping another hour.





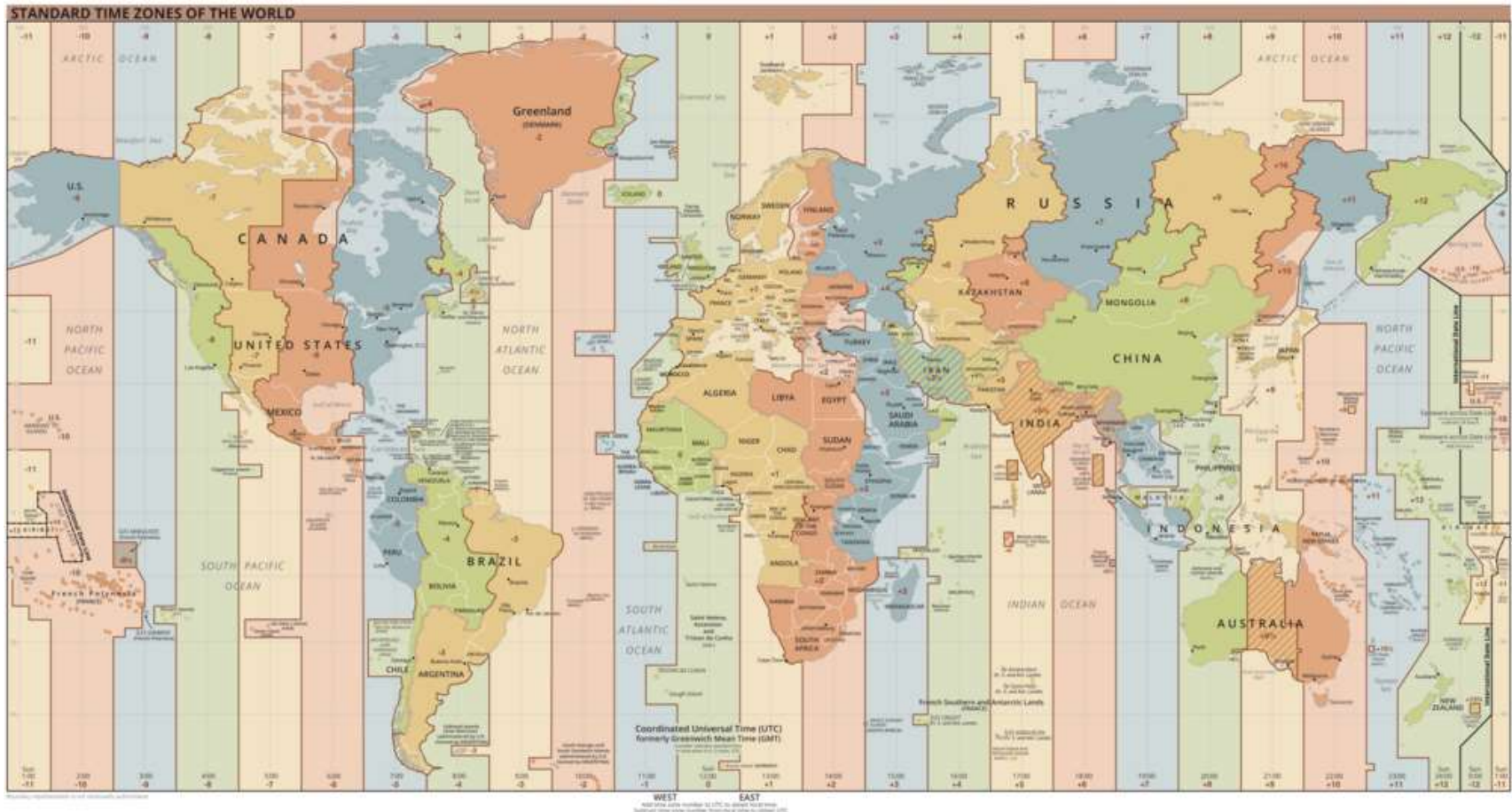
Since the earth is a sphere, the time the sun rises varies several hours from south to north, in the same time zone, from equator to poles.



But it gets stranger....

Time zone boundaries get very creative to accommodate society. Many locales are adopting time zones that are adjacent or farther.

Alaska, Hawaii and Iceland have all adopted the time zones to their east, effectively giving them year-round DST.



Let's not forget HUMAN FACTORS:

In addition to the time the sun comes up in one's locale, humans introduce plenty of further variables for wake/light times:

- **Blackout curtains, eye shades.**
- **Work schedules/commute time**
- **Morning person/night person**
- **Travel across time zones**

If one hour makes that big of a difference to our health, we should be concerned about these other items that keep us going rogue. We should be more educated how to avoid introducing these harmful variables to our sleep schedule.

Twice a year Clock Changing:

I hear you. No one likes involuntary jet lag. But most people will volunteer for it by taking trips across time zones or changing work schedules. These adventures in time adjustment must be just as risky to one's health as changing clocks, no?

Maybe we can find some personal hacks to make the transition easier, such as employer accommodation or acclimating gradually before or after. The benefits of 260 more hours of evening light and warmth for millions of people is much greater than a week's vacation.

Kids going to school in the dark:

Builds character? Millions of kids live far enough north to where avoiding this is impossible. They do it in worse weather to boot. Fairbanks, Edmonton, Reykjavik, Stockholm, St Petersburg.