

Tech In The News

Assignment: Daylight Saving Time

Headphones Needed: YES NO

Step One:

Watch this [VIDEO](#)
Watch this [VIDEO](#)

Step Two:

Read the Articles at the bottom of this document.

Step Three:

With your partner, create a Word document:
Discuss the pros/ cons of Daylight Saving Time
List 5 pros
List 5 cons
List 5 things you two like about DST
List 5 things you two do not like about DST
Discuss and write: is there a better system to replace DST?
Going back to TWINS video, who is older-the boy or the girl why?
Write your comments.

VOTE

<https://www.surveymonkey.com/r/YPJ9ZNR>

Submit your
review To Mr.
Amerikaner
Using:

Save as Prop 7 to GDrive Your name.

SLEEP

7 Ways Daylight Saving Time Can Impact Your Health

Amanda MacMillan / Health.com

Mar 08, 2017



TIME For more, visit *TIME Health*.
Health

We lost an hour of sleep Sunday morning when we set our clocks ahead to “spring forward.” And while we’ll gain an extra hour of daylight in the evenings, we’ll lose it in the morning—waking up, and maybe even heading off to work or school, before the sun comes up.

An hour may not seem like a lot, but the time shift can have significant effects on the body, says Dr. Sandhya Kumar, assistant professor of neurology and medical director of the Sleep Disorders Center at Wake Forest Baptist Medical Center in North Carolina. “With the spring time change, you essentially have to go to bed earlier and get up earlier, which is difficult for many of us to do,” she says. “Most of us end up losing 40 to 50 minutes of sleep those first few days—and as a nation that’s significantly sleep deprived to begin with, even that little change can impact health.”

Indeed, studies have noted all kinds of physical and mental effects associated with Daylight Saving Time (DST), both the shift to it (in March) and the shift away from it (in November). Read on for a few examples of how the time changes can affect your body. (Then check out [4 tricks to make an easy Switch to daylight saving time](#).)

IVF success rates drop in March

The weeks immediately following the March time change may carry unique risks for women who have had a previous miscarriage and are undergoing in vitro fertilization. In a recent study published in *Chronobiology International*, [miscarriage rates were much higher](#) for women in this group whose embryo transfers were conducted within 21 days of the start of DST, compared to those whose transfers were conducted the rest of the year.

The study found no link between **miscarriage** rates and the fall time change—nor any other time-of-year patterns—and the authors say more research is needed to confirm a true link. But they hope their finding will shed some light on how changes in circadian rhythm can affect **fertility** and reproduction.

Heart attacks spike after the spring time change

A 2014 study published in *Open Heart* found a 25% jump in the **number of heart attacks** occurring the Monday after DST starts, compared to other Mondays during the year. The total number of heart attacks didn't change for the whole week, though; the burden just shifted to earlier in the week.

It could be that the combined stress of a typical back-to-work Monday and that hour of lost sleep is particularly hard on people who are already vulnerable to heart problems, say the study authors. They also found the opposite to be true in the fall: There was a 21% drop in the number of **heart attacks** on the Tuesday following the end of DST.

Stroke rates rise when DST starts and ends

Heart attacks aren't the only cardiovascular risk associated with changing clocks: Preliminary research presented at the 2016 American Academy of Neurology's annual meeting found that **stroke rates** in Finland are 8% higher, on average, in the two days following both time changes—spring and fall—compared to the two weeks before or after.

Older adults, and people with cancer, seemed to have the most increased risk during this time. Disturbed sleep patterns can contribute to **high blood pressure** and poor mental health, says Dr. Kumar (who was not involved in the studies mentioned here), both of which are risk factors for heart attack and **stroke**.

Health.com: 8 Ways to Fake Being a Morning Person

Fatigue and “cyberloafing” are rampant

Lost sleep can have more obvious health effects, as well—like fatigue and decreased productivity at work. In fact, **Google** searches for entertainment content (specifically

the terms “YouTube,” “videos,” “music,” and “ESPN”) rise sharply on the Monday after the spring time change, according to a 2012 study in the *Journal of Applied Psychology*, suggesting that sleep deprived employees are spending more time “**cyberloafing**,” or using the Internet for personal use while pretending to do work.

Teens are especially exhausted

High school students may be particularly vulnerable to Daylight Savings-induced sleep loss, says Dr. Kumar, since their internal clocks make it difficult for them to shift their sleep patterns an hour earlier. A 2015 study in the *Journal of Clinical Sleep Medicine* found that teens lost significant sleep after the spring time change, and showed increased sleepiness, delayed reaction time, and more lapses in attention on subsequent days. This is concerning not just for academics, but also for teen drivers’ safety behind the wheel. In fact, several studies have reported increases in **fatal automobile accidents** in the days following the spring time change.

Cluster headaches may strike

For people who get **cluster headaches**, a rare but extremely painful disorder, attacks often occur around seasonal changes, especially after increases in warmth and light. Some people report increases around **Daylight Saving Time changes** (in the spring and the fall), or around the **summer and winter solstices**—the longest and shortest days of the year.

Depression diagnoses rise in the fall

In the fall, losing an hour of evening light can be a serious downer, and a 2016 study published in *Epidemiology* found that **depression diagnoses** actually increase in the month following the shift back to standard time. (No increase or decrease was associated with the spring time change.) “The amount of daylight you’re exposed to really can have an impact on mood and **depression**, especially for people with **seasonal affective disorder**,” says Dr. Kumar. Spending time outdoors during daylight hours, even a quick walk in the morning or at lunchtime, may provide some protection.

*This **article** originally appeared on **Health.com***



Maybe Californians want to continue setting their clocks back and forth an hour twice a year. The governor should let them decide. (Joe Raedle / Getty Images)

It's up to Gov. Jerry Brown to decide whether to sign a bill placing a measure on the November ballot to end the archaic practice of changing clocks twice a year. The California Legislature has already given [the proposal its blessing](#), and the governor should too.

This measure would not necessarily end California's observance of daylight saving time. If approved by the voters, it would repeal a 69-year-old ballot measure (the Daylight Saving Time Act) that forced the semi-annual clock adjustments and leave Californians on Pacific Standard Time (which is what we currently observe from November to March). The Legislature could later decide, by a supermajority vote, to switch California permanently to Pacific Daylight Time, which we are observing right now.

Endless daylight saving time is the intent of the Legislature, though it would require federal approval.

The Los Angeles Times editorial board [opposed this proposal](#) when it was first introduced two years ago by Assemblyman Kansen Chu (D-San Jose), arguing that although there no longer seem to be practical benefits to observing the twice-a-year change (and that there may in fact [be some downsides](#)), it would be confusing and disruptive for California to go it alone. Only Arizona and Hawaii don't recognize daylight saving time.

I believe that was a sensible position to take in 2016, before the presidential election suddenly put California at odds with much of the nation on major issues such as immigration, climate change and marijuana legalization. The state is charting its own course now, making decisions that are best for Californians even if they conflict with the rest of the country.

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**CONFORMS CALIFORNIA DAYLIGHT SAVING TIME TO FEDERAL LAW.
ALLOWS LEGISLATURE TO CHANGE DAYLIGHT SAVING TIME PERIOD.
LEGISLATIVE STATUTE.**

OFFICIAL TITLE AND SUMMARY

PREPARED BY THE ATTORNEY GENERAL

The text of this measure can be found on the Secretary of State's website at <http://voterguide.sos.ca.gov>.

- Establishes the time zone designated by federal law as “Pacific standard time” as the standard time within California.
- Provides that California daylight saving time begins at 2 a.m. on the second Sunday of March and ends at 2 a.m. on the first Sunday of November, consistent with current federal law.
- Permits the Legislature by two-thirds vote to make future changes to California's daylight saving

time period, including for its year-round application, if changes are consistent with federal law.

SUMMARY OF LEGISLATIVE ANALYST'S ESTIMATE OF NET STATE AND LOCAL GOVERNMENT FISCAL IMPACT:

- This measure has no direct fiscal effect because changes to daylight saving time would depend on future actions by the Legislature and potentially the federal government.

FINAL VOTES CAST BY THE LEGISLATURE ON AB 807 (PROPOSITION 7)
(CHAPTER 60, STATUTES OF 2018)

Senate:	Ayes 26	Noes 9
Assembly:	Ayes 68	Noes 6

ANALYSIS BY THE LEGISLATIVE ANALYST

BACKGROUND

Federal Law Establishes Daylight Saving Time for Part of the Year. Federal law establishes a standard time zone for each area of the U.S. For example, California and other western states are in the Pacific standard time zone. Federal law requires the standard time of each zone to advance by one hour from early March to early November—a period known as Daylight Saving Time (DST). During

DST, sunrises and sunsets occur one hour later than they otherwise would. Currently, federal law does not allow states to adopt year-round DST. However, federal law allows states to opt out of DST and remain on standard time all year, as is currently the case in Arizona and Hawaii.

California Voted on DST About 70 Years Ago. In 1949, California voters approved an initiative measure which established DST in California. The

ANALYSIS BY THE LEGISLATIVE ANALYST

CONTINUED

Legislature can only make changes to that initiative measure by submitting those changes to the voters for their approval.

PROPOSAL

Proposition 7 allows the Legislature with a two-thirds vote to change DST (such as by remaining on DST year-round), as long as the change is allowed under federal law. Until any such change, California would maintain the current DST period.

FISCAL EFFECTS

No Direct Fiscal Effects on State and Local Governments. The measure would have no direct effect on state and local government costs or revenues. This is because any impacts would depend on future actions by the Legislature—and potentially the federal government—to change DST.

Potential Impacts of Changes to DST. If the Legislature changed DST, there could be a variety of effects. For

example, if the Legislature approved year-round DST, sunrises and sunsets would occur one hour later between November and March. Such a change could affect the net amount of energy used for lighting, heating, and cooling during those months. In addition, the current system of DST during part of the year likely affects the amount of sleep some people get when switching between standard time and DST twice a year. This potentially affects such things as worker productivity and the number of accidents. Year-round DST would eliminate these effects. The net effect of such changes on state and local government finances is unclear, but would likely be minor.

Visit <http://www.sos.ca.gov/campaign-lobbying/cal-access-resources/measure-contributions/2018-ballot-measure-contribution-totals/> for a list of committees primarily formed to support or oppose this measure. Visit <http://www.fppc.ca.gov/transparency/top-contributors/nov-18-gen.html> to access the committee's top 10 contributors.

If you desire a copy of the full text of the state measure, please call the Secretary of State at (800) 345-VOTE (8683) or you can email vigfeedback@sos.ca.gov and a copy will be mailed at no cost to you.

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COLUMN POLITICS

No matter how Californians feel about daylight saving time, Proposition 7 promises to do precisely nothing



By **JOHN MYERS**
SACRAMENTO BUREAU CHIEF | OCT 14, 2018



ON SALE NOW

THE TASTE COSTA MESA
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GET TIV

Two days before Californians go to the polls next month, as clocks and watches will be reset, the central question of Proposition 7 will be clear: Wouldn't it be nice if we didn't have to change the time twice a year?

Maybe the end of daylight saving time on Nov. 4 will provide some electoral serendipity for the ballot measure's backers. Perhaps it will boost the chances that a majority of voters will favor abolishing the "fall back, spring forward" system that families and businesses adjust to — and complain about — in the fall and spring.

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But passage of Proposition 7 won't change things. Even its supporters know the effort to embrace daylight saving 12 months a year is more dream than demand. That's because only Congress can ever make the wish come true.

[Proposition 11: The private ambulance industry is asking voters to change workplace rules »](#)

 TOPICS

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observances, and no agreement about when to change clocks. The 1900 law said a state could stay on standard time — and Arizona and Hawaii selected that option — but didn't give permission to have daylight saving time year-round. Proposition 7 is an attempt by lawmakers to have a plan in place should Congress ever change its

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That it's on the ballot is a classic tale of California wine country. In 1977, during the era of fluid state and local timekeeping, voters approved a statewide proposition to formally embrace the time-switch system between standard and daylight saving time. Because it was voters who enshrined the process, it's voters who must weigh in to allow the rules to be changed.

Proposition 7 would give the Legislature — by a supermajority vote in the Assembly and Senate — the power to impose daylight saving time all year. But only if federal officials allow states to do so.

Legislators have weighed this issue for the past three years, and have heard considerable testimony both for and against a year-round schedule for keeping time. Supporters largely have tried to make it a public health issue.

“Numerous studies reveal [an] annual uptick in heart attacks, workplace injury, crime and traffic accidents, due to moving, switching spring-forward time,” Assemblyman Kansen Chu (D-San Jose), the author of Proposition 7, said during a legislative hearing in 2017.

Nor are supporters of the proposal convinced that switching the clocks twice a year ever helped save energy, one of the reasons for implementing daylight saving time during both world wars.

When opponents of Proposition 7 speak up — few have done so — they point to the real-world impact of daylight savings time during the winter.

“If you live in Los Angeles or Twentynine Palms, the sun won't rise until 7:30 a.m. or later from November to February,” state Sen. Hannah-Beth Jackson (D-Santa Barbara) wrote in the official ballot argument against the proposition. “You'll be getting your family ready for the day in the dark; your kids will be walking to school or waiting for the school bus before the sun rises.”

Gov. Jerry Brown signed the bill that put Proposition 7 on the ballot, adding a bit of flair to his signing message by writing, “Fiat Lux!” which translated from Latin

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But unless Congress changes the rules, California's ballot measure is a debate without a decision. In that way, it resembles the 2016 advisory proposition that pleaded for congressional action on campaign finance rules. It passed. Supporters applauded. But the status quo remains.



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John Myers



John Myers joined the Los Angeles Times as Sacramento bureau chief in 2015 after more than two decades in radio and television news, much of that as an award-winning reporter covering statehouse policy and politics. During a decade of work for San Francisco's NPR affiliate, his unique online projects included everything from one of Sacramento's original politics blogs to California's first politics podcast. He also served as the moderator of gubernatorial debates in 2014 and 2010. Often cited by state and national news organizations as one of Sacramento's top journalists, he's a graduate of Duke University and the University of California, Berkeley.

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COMMENTS (5)

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