

Daylight saving time not a healthy concept

By Jennifer Welsh, Business Insider

Daylight saving time is about to start, and an interesting thing that you might not realize is how such a small shift in our time can have a large impact on our body clock and our health.

These negative impacts of daylight saving time even cost us real money in lost productivity.

This is the “bad” time change, since it means we lose an hour of sleep over night.

It was enacted during World War I to decrease energy use. Benjamin Franklin first advocated for the practice in 1784 because he noticed people used candles at night and slept past dawn in the morning. By shifting time by an hour during the summer, they would burn fewer candles and not sleep through the morning sunlight.

The debate still rages as to whether this time-switch does save energy, but along the way we've seen signs that it has negative effects on our health and the economy.

Read the whole story