

# Daylight savings time should be abolished

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The paper " Daylight Savings Time Should Be Abolished due to Detrimental Effect to Health" is an intriguing example of a term paper on health sciences & medicine. The purpose of this presentation is to see to an end an old-fashioned practice that disrupts and endangers the lives of millions of citizens. Abolishing daylight savings time will improve the health of individuals.

Daylight saving is responsible for increasing the risk of heart attack by a massive ten percent. Increased male suicide rates, stress, and other health complications are all correlated with daylight saving (Valdez, Ramirez and Garcia, 149). There has been controversy surrounding daylight saving since the practice was put in effect almost a century ago in Germany. It was Benjamin Franklin who introduced the concept during the 18th century when he addressed economizing the use of candles through people waking up early to use morning sunlight. It involves moving ahead clocks by one hour during mid-spring to mid-autumn to achieve less daylight in the morning and more daylight during the evening. The majority of regions in the United States observe the practice, with the exceptions being Hawaii, Arizona, the Northern Mariana Islands, American Samoa, Guam, the U. S. Virgin Islands and overseas areas of Puerto Rico. Observing daylight savings time has a detrimental effect on health as well as healthcare devices. Signs and symptoms include sleep deprivation and poor general health caused by the shift in time. Adverse events that could be harmful to patients may be generated by medical devices without the notice of clinicians. Pacemakers and other medical devices, for example, glucose monitors and defibrillators require urgent and accurate adjustments because serious health costs may result. There are studies that have established that more heart attacks and <https://assignbuster.com/daylight-savings-time-should-be-abolished/>

suicide rates occur following the shift in time. Health-related problems are a top-priority issue to the subject of abolishing daylight savings time. These problems are also extensive globally.

A Swedish study conducted in 2008 established that male suicide rates went up in the weeks following the spring change. The study also found that heart attacks showed a significant rise during the first three weekdays following the spring change. Russia's president, Dmitri Medvedev, in 2011 asserted that the country's motivation to stay in their daylight savings time the entire year was the stress associated with changing clocks. In Kazakhstan, clock shifts caused health complications that led to the government's decision to abolish the practice. Certainly, everybody is affected regardless of their status in society, gender, race or age. According to studies by Alison Jing Xu and Aparna Labroo, the assistant professors at the University of Toronto and Northwestern University respectively, variations of lighting cause extensive alterations on human emotions. Light is also suppression to the formation of melatonin, the sleep-inducing matter. This effect is the reason observing daylight savings time is associated with sleep pattern disturbance. All of these health problems call for a solution to daylight saving time; the most appropriate solution would be to abolish the practice altogether.

The process of abolishing daylight saving time is a gradual process that should be implemented through the legislature. This solution will meet the need of many citizens calling for the end of daylight saving time as they will no longer have to worry about adjusting their clocks twice every year. It can be implemented through lawmakers, either from the Republican or

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Democratic side. The first step of the plan would be to draft a bill to abolish the United States (U. S.) Federal Law Uniform Time Act of 1966. The purpose of this law is to promote adopting and observing uniform time within various standard time zones. The second step would involve filing the solution during the impending 2015 Legislative session. The third step would involve discussing the bill and, if passed by Congress, it would render daylight saving time abolished in various counties as appropriate.

Successfully abolishing daylight saving time will be a relief to many mothers who dread sending their children to school in the darkness of the morning. It will also be a relief to patients and healthcare officials who will no longer have to dread the serious consequences that may result from ignoring to adjust medical devices. Inaction to implement this solution has dire consequences, one of which is the inconvenience of having to change the clocks. For example, the increase in road traffic is an inconvenience that will influence more to be out of their homes, which could entail increased auto vehicle accidents.

In conclusion, this presentation has revealed the reasons why daylight time saving should be abolished. It will improve the health of individuals and the efficiency of healthcare. Mothers will no longer have to worry about the potential dangers of sending their children to school in the dark, wee hours of the morning. This risk alone is beyond the energy benefits that can be accrued from daylight saving time. Certainly, it is high time legislative officials from areas that observe the practice, which is the majority in the

country, in one accord abolished this old-fashioned practice whose inconveniences and costs citizens cannot afford anymore.