

IMPACT OF DAYLIGHT SAVINGS TIME CHANGE

As we navigate the annual Daylight-Saving Time Change, (“spring forward”), we take a moment to acknowledge the potential impact this shift can have on health and well-being.

Research from organizations such as the American Academy of Sleep Medicine and the Centers for Disease Control and Prevention highlights that even one-hour loss of sleep can affect mood, concentration, reaction time, and overall physical health. For some individuals, this disruption may be more significant.

It's important to recognize that the impact of Daylight Savings Time is not experienced equally. The time change may disproportionately affect:

- Individuals with pre-existing mental health conditions, including anxiety, depression, or seasonal affective disorder.
- Employees managing chronic health conditions or sleep disorders.
- Caregivers adjusting children's sleep routines.
- Shift workers and those working multiple jobs.
- Individuals observing religious practices with time-based rituals.
- Communities already experiencing higher levels of stress or limited access to healthcare.

Sleep disruption can temporarily increase irritability, emotional sensitivity, and fatigue – all of which can influence dynamics and overall well-being.

As we transition into this time change, we encourage everyone to:

- Prioritize rest and gradual schedule adjustments where possible.
- Practice patience with themselves and others.
- Utilize available wellness and mental health resources.
- Communicate with supervisors if flexibility is needed.

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**Education & Dialogue
subcommittee**

Monthly Learning
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IMPACT OF DAYLIGHT SAVINGS TIME CHANGE, *continued*

Small adjustments in our approach can make a meaningful difference in how safe and understood we all feel during periods of disruption.

<https://www.allinahealth.org/healthysetgo/care/a-parents-guide-to-daylight-saving-time>
(5-minute read)

The guide explains that when clocks “spring forward” for Daylight Saving Time, the one-hour shift can disrupt sleep – especially for children – leading to tiredness, irritability, and challenges for families. It highlights recommended sleep amounts by age and suggests gradually adjusting sleep schedules about a week before the change to help ease the transitions. The article also underscores the importance of recognizing each child’s internal circadian rhythm and establishing healthy sleep habits such as consistent bedtimes, a calming bedtime routine, a comfortable sleep environment, and limiting screen time before bed.

<https://www.history.com/articles/8-things-you-may-not-know-about-daylight-saving-time>
(10-minute read)

The article highlights lesser-known facts about Daylight Saving Time and corrects common misconceptions. It clarifies that Benjamin Franklin did not invent DST and explains that the modern concept was formally proposed in the early 20th century and first adopted during WWI as an energy-saving measure. This article discusses opposition from farmers, the lack of national standardization in the United States prior to the Uniform Time Act of 1966, and regional exceptions to observance. It also examines mixed evidence regarding energy conservation benefits. Overall, the piece provides historical context and challenges common assumptions about the purpose and effectiveness of Daylight-Saving Time.



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IMPACT OF DAYLIGHT SAVINGS TIME CHANGE, *continued*

<https://www.youtube.com/watch?v=wJeBij7r0mk>

(2:31 minute video)

In this video, a meteorologist explains the purpose and basics of Daylight-Saving Time. The presenter describes how DST shifts clocks forward in spring to extend evening daylight hours and then back in fall to return to standard time. The reasoning includes historical and practical goals such as making better use of natural light, aligning human activity with daylight, and potentially conserving energy. The video also notes how the time change can affect daily routines and emphasizes that the actual amount of daylight doesn't change – only how our clocks align with it – and reviews the familiar phrase “spring forward, fall back,” as a tool to remember the direction of clock changes.

https://meandmine.com/blogs/meandmine-blog/how-to-explain-daylight-saving-to-kids?srsId=AfmBOooGG6-DapktV7VDVHHO-9kZLTPxOvdF9fYH88Ba0qy2Hx_3OVJ9

(15 minute / explore at your own pace)

The article offers a child-friendly explanation of Daylight-Saving Time, including origins and simple definitions of “spring forward” and “fall back”. It clarifies that DST was proposed to make better use of daylight and save energy, and it debunks common myths like its purpose being primarily for farmers. The piece includes fun facts about DST (such as which states don't observe it and that the correct term is “Daylight Saving Time”) and suggests activities children can enjoy with the extra sunlight. It also outlines pros (e.g., more outdoor time and potential health benefits) and cons (e.g., disrupted sleep and circadian rhythm issues) of DST and concludes with practical tips for helping kids adjust their sleep schedule before and after the time change.

<https://www.youtube.com/watch?v=hQuJrunNtLQ>

(10:21 minute video)

The video provides practical advice on coping with the transition into Daylight Saving Time, especially the “spring forward” clock change. It emphasizes how losing one hour of sleep can affect health and well-being, including increased tiredness and disruptions to daily routines. To help mitigate these effects, the video offers strategies for adjusting sleep schedules gradually, maintaining consistent bedtime habits, and preparing your body's internal clock for the time shift.

The overall goal is to minimize the negative impact of the time change on energy, mood, and overall health.

