

FREQUENTLY ASKED QUESTIONS

on the

CLOCK CHANGE



I like clock change because it has many benefits for us and the economy!

1:36

Well, that is not entirely true. What are the benefits you think DST has?

1:37



For more information:

<https://timeuse.barcelona/projects/permanent-time-zones-eu/>



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FAQs on the Clock change

You & IANT



Doesn't DST save energy?

1:38

Actually, DST **does not save energy**. In fact, there is mounting evidence that DST increases energy consumption, especially heating and cooling, making it an irresponsible policy given the current energy crisis. Permanent natural time zones would in turn save energy and reduce pollution.

1:39



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FAQs on the Clock change

You & IANT



But surely you will agree DST is positive for the economy. Don't the tourism and leisure industries need DST?

1:40

Tourism and leisure businesses are largely dependent on school holidays. As DST takes place during summer months, there is this false perception that DST is what is driving tourism, when in fact it is **simply the time when most are on summer holiday.**

1:41



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FAQs on the Clock change

You & IANT



What about retail, don't people shop more when they have longer evenings?

1:42

Neither. During the work week, there is not much change under DST in terms of commerce, as people have to continue with their set social schedules and arrange shopping activities around these clock times.

1:43

On the weekend, most people sleep in to compensate for sleep deprivation, enhanced by DST. Consequently, most customers have less time to shop on the weekend.

1:44



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FAQs on the Clock change

You & IANT



Then... If we go back to our natural time zone (closer to our solar time) won't the early sunrise in June and July cause sleep problems?

1:51

It doesn't have to. **It is actually late sunset that causes sleep problems in summer, not early sunrise.** It is quite difficult to fall asleep in the evening when there is still daylight and heat. Having to get up an hour earlier due to DST the next morning, unable to finish your sleep, is what causes sleep deprivation – not the early sunlight.

1:52



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FAQs on the Clock change

You & IANT



Anyway, adopting permanent natural time zones in Europe will cause a patchwork of time zones within Europe, isn't it?

1:45

Actually, no. **Adopting geographically appropriate natural time zones would result in four logical stripes across the continent**, in effect rearranging the four time zones that Europe already has in use. Time-zone borders would align almost perfectly both with natural time and national borders.

1:46



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FAQs on the Clock change

You & IANT



But we would have an extra timezone border between countries like Germany and France! Are you saying that won't impact the economy?

1:47

Different time zones are not disadvantageous to the economy, as demonstrated in large time zone spanning nations such as the US. **Several time zones within an economic area do not affect trade significantly** and therefore is not a real problem for the economy. The current cost of DST far surpasses any potential loss in trade due to an extra time zone border.

1:48



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FAQs on the Clock change

You & IANT



Ok, but DST is embedded in all our processes and IT systems. Won't stopping the clock change and/ or changing the timezone cost too much?

1:49

On the contrary! The IT industry will benefit from no longer having to deal with the DST switch and the 23 hr / 25 hr day issue when developing new software and processes. In effect, **many industries and IT systems already ignore DST** and record their data only using standard time to simplify their processes.

1:50



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FAQs on the Clock change

You & IANT



That sounds great and all, but... Does implementing permanent natural time zones mean that I have to change my daily habits?

1:51

No. Implementing the permanent sun-based time zones does not mean that you need to change your habits, since they are already constant throughout the year by clock time, and can remain the same. **We are only adjusting the clock time to reflect the real time of day and nothing more.**

1:52



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FAQs on the Clock change

You & IANT

I am almost convinced. But what about the children?

1:53

Won't abolishing DST mean that they will be able to play outside less after school?



1:54

DST is nothing more than advancing their schedule by an hour, making them wake up earlier and thus finish school earlier. But it also means they have to go to bed an hour earlier, when there is still sunlight and heat, and thus **their bodies aren't ready for sleep yet.**

1:55

All this causes **sleep deprivation in a significant portion of children, especially most adolescents and young adults.**

1:56



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FAQs on the Clock change

You & IANT



So... why do we still have DST? What can we do for not having such many side effects?

1:57

1:58

Because national governments (in the case of the EU) need to agree on a common path. Luckily, **there is already a science-backed proposal** for implementing natural times!

1:59

You can check it out at:
<https://timeuse.barcelona/projects/permanent-time-zones-eu/>



I will definitely have a look. We need to implement permanent natural time zones!

3:00

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