



# DAYLIGHT SAVINGS TIME SPRING AHEAD



is more dangerous than you think!

The purpose of Daylight Saving Time (DST) is to take advantage of daylight hours and conserve energy.



**Spring Ahead**

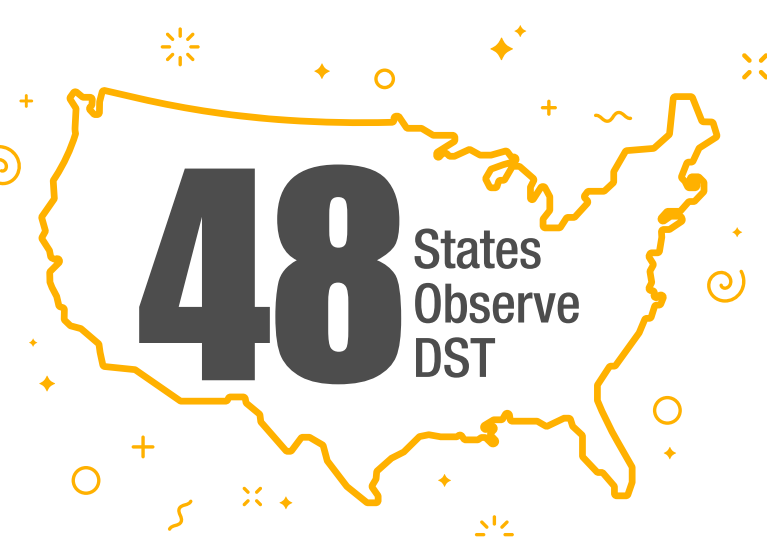
2<sup>nd</sup> Sunday  
in MARCH

**Fall Back**

1<sup>st</sup> Sunday  
in NOVEMBER

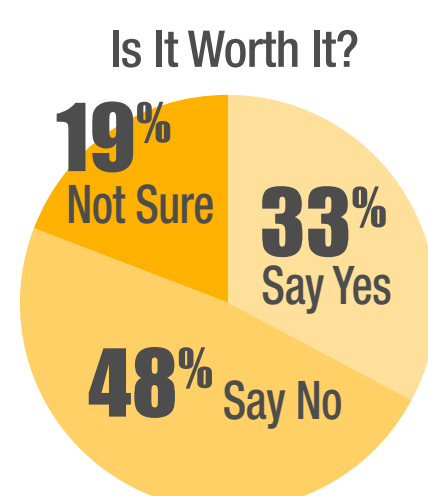


## Good Idea or Bad Idea?



**Arizona  
&  
Hawaii**

Always on Standard Time



Source: <https://www.almanac.com/content/when-daylight-saving-time#>

## SunLight PERKS

Having that extra hour of light at the end of the day can really make a positive difference.

### FEWER TRAFFIC INJURIES

In the months after the spring shift to DST, expect an 8-11% decline in accidents involving pedestrians and 6-10% fewer crashes involving vehicle accidents.



### REDUCED CRIME

More ambient daylight in the early evening of warmer months has proven to directly reduce certain types of crimes – particularly robberies, murders and sexual assaults.



### GOOD FOR THE ECONOMY

Longer nights give people more time to go shopping, visit restaurants, and attend events; boosting small businesses and the economy in general.



### PROMOTES ACTIVE LIFESTYLES

Extended light hours can be a great catalyst to get out and move with activities like golf, soccer, baseball, tennis, bicycling, walking and running.



### SAVES ELECTRICITY

With less artificial light needed, we use less energy. Good for the budget and the environment.



Source: <http://time-time.net/articles/pros-and-cons-of-dst.php>

## The Dangers of DST

Changing the time, even if it's only by 1 hour, disrupts our body clocks or circadian rhythm. And that can lead to serious consequences.



#### Fatigue

Americans sleep about 40% less on the night after DST begins. That can lead to negative effects on cognitive ability and workplace productivity. The sleep loss can last up to a week.



#### Work-Related Injuries

3.6% more injuries occur on the Mondays following the switch to DST shift.



#### Car Fatalities

6.3% increase in fatal car accidents for following the spring DST shift.



#### Stroke

Rates are 8% higher after spring DST time change.



#### Heart Attack

On the Monday DST begins, 24% more people have heart attacks.

Source: <https://www.thisisinsider.com/daylight-savings-negative-effects-2018-3#and-car-accidents-5>

## Helpful Tips

- Sleep in on Sunday morning.
- Take a nap in the afternoon.
- Eat dinner early to trick your body into thinking it's later.
- Avoid caffeine, nicotine or alcohol for several hours before bedtime.
- Turn off mobile devices before you head to bed. Blue light from screens can affect your ability to sleep.
- Get sunlight soon after rising – go outside for a walk.

#### REMINDERS

When you change your clock, it's a good way to remind yourself to do household chores that should be done twice a year.

- Flip Mattress
- Clean Oven
- Test Smoke and CO Alarms
- Wash Pillows
- Update Emergency Medical Kit

## The Days are Getting Longer!

*Spring is almost here and summer's right around the corner. From the entire team here at Martin, Harding & Mazzotti, best wishes for a safe and healthy season in the sun.*

**MARTIN, HARDING  
& MAZZOTTI, LLP®**

ATTORNEYS AT LAW

1222 Troy-Schenectady Road, Niskayuna, NY 12309 • Phone: 518.862.1200 or 1800LAW1010®

**www.1800LAW1010.com®**

Attorney Advertising

Prior Results Do Not Guarantee A Similar Outcome