



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

2nd Sunday in MARCH

Fall Back

1st Sunday in NOVEMBER



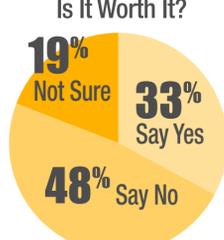
Good Idea OR Bad Idea?



Arizona & Hawaii

Always on Standard Time

Is It Worth It?



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.thisinsider.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[®]

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