

Lead: (0:10)

New studies show day light savings is affecting young people's health

Anchor 1: (0:30)

Pryce Giwa-Osagie who is a 21-year-old college student recalls what challenges he faces on a daily basis not only being a college student, but the [seasonal depression](#) he experiences during the months that day light savings time would occur. A rearranged routine is what he is claiming to be one of the most challenging aspects when having to handle being a full-time student and a young adult trying to have a social life.

Giwa-Osagie (soundbite 1): (0:20)

“My routine daily does change when day light savings occurs. I feel I can't get everything done with in the day. The sun starts to set at around 3:00pm. When the sun is setting, I feel I should be in the house preparing for dinner and my day to be over and just fall asleep after that.”

Anchor 2: (0:45)

Day light savings starts on the second Sunday in March and ends on the first day of Sunday in November. The human body makes and keeps its own [circadian rhythms](#) which controls the production of melatonin. Melatonin is a hormone in the human body that makes you sleepy. Nerves relay information from the eyes to the brain to make more production of melatonin or to not depending on the light that your eyes are experiencing.

Paper Source 1 (soundbite 1): (1:00)

“The analyses were based on 185,419 hospital contact for unipolar depression and showed that the transition from summertime to standard time were associated with an 11% increase (95% CI = 7%, 15%) In the incidence rate from standard time to summertime was not associated with a parallel change in the incidence rate of unipolar depressive episodes. This study shows that the transition from summertime to standard time was associated with an increase in the incidence rate of unipolar depressive episodes. Distress associated with the sudden advancement of sunset, marking the coming of a long period of short days.”

Anchor 1: (0:10)

Seasonal depression is a reoccurring pattern that takes place 4 to 5 months during the fall and winter season. These repeated events each year are hard to go unnoticed when you are someone who suffers from it annually.

Giwa-Osagie (soundbite 2) (0:45)

“Definitely as I have gotten older and become independent. As a child in middle or high school you notice the light change, but not as much to the point it affects you or that you care to ask why this is happening. Now I’m in college, I live by myself in an expensive apartment, I am a transfer student who hasn’t found good friends and now it’s getting colder and darker faster, so people don’t go out to events that often because it’s an inconvenience compared to when it’s the warmer weather seasons.”

Anchor 2: (0:25)

Researchers have found there to be an increase in heart attacks, traffic accidents, stroke, and depressive episodes the day after a time switch occurs. Studies are actively being conducted to determine what links these events to have an increase.

Paper source 2 (soundbite 2): (0:45)

“Data from the largest study of its kind in the U.S. reveal a 25 percent jump in the number of heart attacks occurring the Monday after we spring forward compared to other Mondays during the year a trend that remained even after accounting for seasonal variations in these events, but the study showed the opposite effect is also true. Researchers found a 21 percent drop in the number of heart attacks on the Tuesday after returning to standard time in the fall when we gain an hour back.”

Anchor 1: (0:10)

Chenille Bell who is a freshman in college tells her experience in how day light savings has affected her during the winter months.

Bell (soundbite 1) (0:35)

“I guess you can say it is sad when it gets dark at 5:00pm now because when it gets dark, I feel I have to be in the house that is somewhere safe. Especially since I am on a college campus it can be super inconvenient when it gets dark at 5:00pm because now I can’t do things I would have wanted to do on my own since when its dark I should have someone with me.”

Anchor 2: (0:25)

As more research is being developed Northern Europe countries have requested the European parliament to abolish day light savings times concerning the scientific evaluation of day light savings tonight on NBC news.

Sources:

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