

Daylight Saving Time

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Why in news?

- Lebanon was thrown into mass confusion after its government at the last minute delayed the start of daylight saving time by a month.

Daylight Saving Time

What is daylight saving time (DST)?

- According to Norway-based Time and Date, DST is the practice of setting the clocks forward one hour from the standard time during the summer and back again in the autumn.
- This is done to make better use of natural daylight as it extends daylight into the evening.
- India does not follow daylight saving time as countries near the Equator do not experience high variations in daytime hours between seasons.

Why have Daylight Saving Time?

- **To save energy**
 - DST involves resetting clocks ahead by an hour in spring, and behind by an hour in autumn.
 - Hence, those in favour of DST argue that it means a longer evening daytime.
 - Individuals will complete their daily work routines an hour earlier, and that extra hour of daylight means — or is supposed to mean — a lower consumption of energy.
 - In April 1916, during World War I, Germany and Austria introduced DST to minimise the use of artificial lighting.
- **Economic benefits**
 - Longer daylight hours may encourage people to spend more time outside, which can have positive effects on local economies, such as increased sales for retailers and restaurants.
- **Improved public safety**
 - With more daylight hours in the evening, there may be fewer accidents and crimes committed in the dark.

What is the problem with Daylight Saving Time?

- **Disruption of sleep patterns**
 - The time change associated with DST can disrupt people's sleep patterns and circadian rhythms, leading to negative health effects.\
- **Increased energy consumption**
 - Some studies suggest that the energy savings associated with DST are minimal or non-existent, and that the time change can actually increase energy consumption in certain regions.
- **Inconsistencies across time zones**
 - DST is not universally adopted, which can lead to confusion and inconsistencies across different time zones.
 - This can cause problems for businesses, travel, and communication.
- **Other negatives**

- Different studies found a higher rate of workplace injuries after the switch, leading to lost days of work; a slight drop in stock market performance etc.

News Summary: Daylight Saving Time

What happened in Lebanon?

- Lebanon usually sets its clocks forward an hour on the last Sunday in March.
- However, this year, its caretaker Prime Minister Najib Mikati said that the clocks would be reset on April 21.
- The confusion was created as some institutions, including Christian churches, reset their clocks despite Mikati's decision.
- Thus, airlines, cell phone operators, schools, workplaces, etc., are no longer following the same time.

Q1) Where is Lebanon geographically located?

Lebanon is a country located in the Middle East, bordered by Syria to the north and east, Israel to the south, and the Mediterranean Sea to the west. The capital city of Lebanon is Beirut.

Q2) What is International Standard Time (IST)?

International Standard Time (IST) is the time standard used as the basis for civil time in most countries around the world. IST is based on Coordinated Universal Time (UTC), which is the primary time standard by which the world regulates clocks and time. IST is defined as UTC+1, which means that it is one hour ahead of UTC.

Source: [Chaos in Lebanon over what time it is: What is the underlying idea of Daylight Saving Time?](#) | [Indian Express](#) | [News Tribune](#)

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