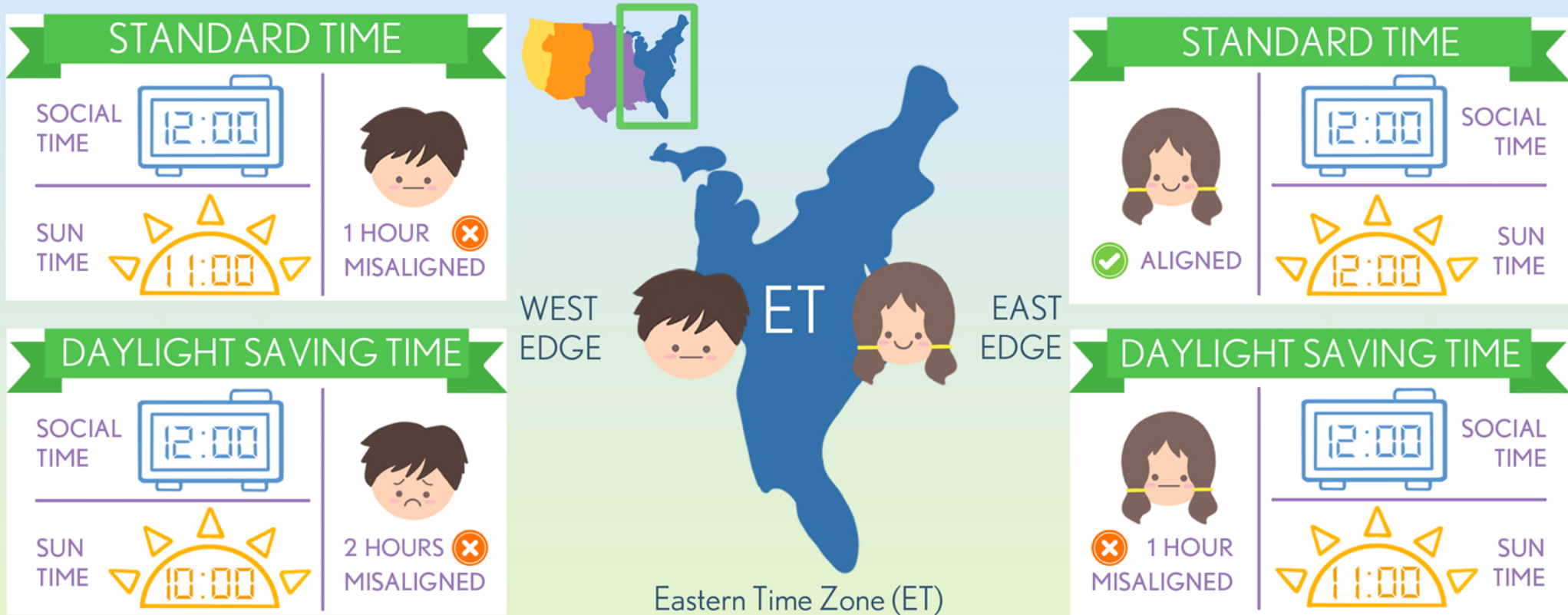


DAYLIGHT SAVING TIME EFFECTS

Our internal clocks are set by the sun, but our social clocks are dictated by time zones. Sun Time differs between eastern and western edges of each time zone. On the western edge, Sun and Social Times are out of sync, causing health and social problems. Daylight Saving Time, a one-hour “spring forward,” causes even more misalignment between Sun and Social Times.



ALIGNMENT BETWEEN SUN AND SOCIAL TIMES IMPROVES



Sleep



Health



Lifespan



GDP



Productivity

