



# Daylight Saving Time

## Why in News?

Recently, the Lebanon Government has delayed the start of [Daylight-Saving Time \(DST\)](#) by a month. Meanwhile, Greenland has chosen to **stay with DST forever**.

- **Lebanon** usually sets its clocks forward an hour **on the last Sunday in March**. However, its Prime Minister said this year, the clocks **would be reset on 21 April, without citing any reason**.

## What is Daylight Saving Time?

- 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**. India does not follow daylight saving time as **countries near the Equator do not experience high variations** in daytime hours between seasons.

## What is the Significance of DST?

- 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 **a lower consumption of energy**.
- In April 1916, during [World War I](#), Germany and Austria introduced DST to minimise the use of artificial lighting. It gradually caught on in many countries.
  - In the EU, clocks in the 28 member states move forward on the last Sunday in March and fall back on the last Sunday in October.

## What are the Disadvantages of DST?

- According to a study in Popular Science magazine in the US, one hour of lost sleep in the US increases the **fatal crash rate by 5.4% to 7.6%** for six days following the transition.
- Other studies found a **higher rate of workplace injuries after the switch**, leading to lost days of work; a slight drop in stock market performance; health problems as a result of disruption of the [Circadian Rhythm](#).

[Source: IE](#)