



## Day Light Saving

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Daylight Saving Time (DST) is the **practice of turning the clock ahead as warmer weather approaches and back as it becomes colder again.**

- The purpose of doing so is that people will have one more hour of daylight in the afternoon and evening during the warmer season of the year.
- **The daylight saving time is followed in over 70 countries on various dates.**
- **India does not follow daylight saving time;** countries near the Equator do not experience high variations in daytime hours between seasons.



## History of Day Light Saving

- Initially, it was followed by a group of Canadians on July 1, 1908, when residents of

Port Arthur, Ontario, turned their clocks forward by an hour. Other locations in Canada soon followed suit.

- However, **globally Germany and Austria introduced DST on April 30, 1916, the rationale being to minimize the use of artificial lighting to save fuel during World War I.**

## Does Daylight Saving Time actually save energy?

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- A century ago, when DST was introduced, more daylight did mean less use of artificial light. **But modern society uses so many energy-consuming appliances all day long that the amount of energy saved is negligible.**
- **There is also a disadvantage of DST which includes disruption of the body clock or circadian rhythm.**

### Circadian Rhythm

- **Circadian rhythm is the 24-hour cycle that tells our bodies when to sleep, rise, and eat—regulating many physiological processes.**
- Internal body clock is affected by environmental cues, like sunlight and temperature, and determines whether one feels wide-awake and energized or tired.
- Jeffrey C. Hall, Michael Rosbash, and Michael W. Young, who studied the molecular mechanisms controlling circadian rhythm, were awarded the 2017 Nobel Prize in the category of physiology or medicine.