

# Medical Minute

## DAYLIGHT SAVINGS TIME



It's that magical time of year again when we all voluntarily donate one precious hour of sleep to the universe. On Sunday morning, alarms will ring, people will groan, and clocks everywhere will be judged harshly for their poor life choices. (Who, me? Never.) Every second Sunday of March we perform this ritual, and most of us do it with the enthusiasm of a cat taking a bath. But why? How did we get stuck in this loop of misery? Buckle up—here's the short, slightly snarky history.

Back in 1784, Benjamin Franklin tossed out the idea as a joke—yes, a *joke*—and somehow, we're still living with the consequences. Fast-forward to 1885, George Hudson suggested it seriously and got mocked for it... as he should have. Then along came William Willett, who wrote a cheerful little pamphlet called *The Waste of Daylight* in 1907, presumably unaware of the irony. But the real chaos began in 1915 when Germany adopted the idea during WWI to save fuel. And thus, the silliness officially began.

Britain hopped on board the following year, and the U.S. passed the Standard Time Act in 1918, establishing time zones and jumping into the clock-changing game. That lasted all of two years because dairy farmers insisted cows do not pay attention to clocks. (Hard to argue with that.)

Sadly for our sleep cycles, Daylight Saving Time was resurrected during WWII again for fuel savings and has basically refused to leave ever since—kind of like glitter after a craft project.

And so here we are again, preparing to fling our clocks forward this Saturday night and out the window on Sunday morning. I'm not entirely sure who has the authority to end this madness, but I'd very much like to speak to their manager.

Even though I dutifully “spring ahead” on Saturday, I am absolutely *not* springing anywhere on Sunday morning. So please accept my pre-emptive apology if I appear slightly grumpy or my smile is operating at half-wattage. Give me a week to recalibrate to this man-made madness.