

Why Daylight Saving Time is Bad for Your Health | Samer Hattar & Andrew Huberman

If you're going to go out in the morning in the summer you're going to get a much brighter That's why I don't like the change in time I know people think oh because you're biased you because I think wait wait wait wait sorry the change Are you talking about daylight saving daylight saving It's such a bad idea because it disrupts that rhythm that you're having because I think your body if you keep that rhythm you will see the whole seasonality And I look at it from a different aspect than other people It really and people say I'm biased because I'm a morning person and it may be true but there's situation conspiracy but no people but there is if you think about it Andrew there is a situation where you're getting like perfectly well and then all of a sudden they delayed by one hour because and then even though it's the summer your buddy now if you're still not adjusting think oh wait what happened What kind of happened Well I'm glad you're bringing this up because I always thought you know what's the big deal One hour right One hour shift you know spring for just one hour But the but this goes back to the beginning of our discussion it's not just one hour because it's one hour across that one day But there's this cumulative effect on the clock and these uh three elements of your tripartite model right The homeostatic sleep and the light direct effects on mood And when it's so close it's sometimes hard to figure out how to adjust it perfectly because you know we're already sleep deprived in our society and then you shift it by you know so it it just it all accumulates and it has no benefit When you work at a major government organization National Institute of Mental Health Why don't we campaign for I have no idea I mean it makes no I'm saying why don't we go campaign I would love to I mean it makes no sense to have the summer light goes up at 9 p.m. The light goes down where I live in Baltimore at 9 p.m. And then all of a sudden when you really want to see the light longer in the day you now shift the other way and now it goes or at 6 p.m. Why do you do these drastic changes Well let it blend across the whole season you know yes later earlier at night but it's at least consistent it goes in a very consistent manner I just don't understand why they do this It makes no sense Well I think that the reason they do it is because they don't understand the biology because one hour seems trivial unless you understand that the repercussions of that one hour shift Because what's also clear now based on what you're saying is that that

one hour shift is taking you out of alignment with the natural light dark cycle in exactly the wrong direction It's pushing people to get even later in the summer when light is going to push you later Anyway it doesn't make sense You put it beautifully I just rambled and this is you made it you made it clear I mean it's like literally it made you it made people who are having problems having an advanced sleep rhythm because they are delayed Now you give them this hour to make them even more delayed you push them even later in the day night cycle It just doesn't make sense at all I think 2022 should be the year that we abolish daylight saving for me honestly Well it well also if it has a positive effect on the what is essentially an epidemic of mental health issues and other issues related to improper interactions with light that I think is is a well worthwhile cause and and we can explore So for once we're going to fight with some with another a common battle as to I mean the circadian people honestly you give them credit have been trying for years to abolish daylight savings Yeah the problem is they all go to sleep at 9 p.m. and wake up at 4 a.m. So we never see them Uh no the circadian community has done an amazing job of figuring out what we need And then the challenge of course is making sure that people get what they need and making sure that at a societal level we're not vaulting ourselves into the real the biggest problem is that the late waking people they think that really and I'm going to try to put it in a better way now they think oh because you're a morning person you want to see the sun early So you want me to suffer it dropping late But that's not the case because what happens is when they shift it back after the daylight saving now they're going to make you suffer really badly because now it's gonna be earlier in the fall in the fall when there is not enough light if they keep it the same way So try to convince them that actually this at the end causes more trouble when you need the light for your late schedule in the fall When they shift it back then they say keep it daylight saving all the time And that has been proven that is very bad Like people have done studies that literally two areas close to each other and areas that were the whole year on daylight saving has much more problems even in cancer rates and depression So you don't want to do that So that's what trying to convince people that you need to prevent that switch and you don't need daylight saving at all That's where the problem happens Interesting I had not thought about that But yes you late risers that in the fall when they when that the fall back as they say spring forward fall back you dial back the clock It's really compounding the problem that already exists And it's really nice If you think if you keep it consistent in the spring you get the you know when

you get the equinox and then the days start going up and then even in the summer start going down and then the fall you get the other equinox and go back So it's very symmetrical right It goes into short day longer long longer than short day again But now you're getting these bumps in both sides of the spring and fall Why would you do that Something that is beautifully symmetrical beautifully smooth You're putting bumps into it Well and we are not just beautiful because it's there but but evolved I mean essentially this is the system We evolved Seasonality is the most even apart from the exact equator every part of the earth have seasonality