

-1 hour

Really, that good to sleep one more hour?

In many countries around the world the local time has set an hour earlier in the spring, people lose one hour, and it has set back in the autumn.

It seems, that it is a negative thing in the spring and a positive thing in the fall.

But is it really a positive thing now, in autumn?

By having one more hour is nothing wrong with that, because it's extra time. The problem is how we use it.

The sleep consists of one and a half hour long phases. By having an hour extra time, we can sleep one more hour. Therefore instead of awakening, we start another sleep phase. But we awake at the 60-th minute of this sleep phase. If we would wake up until the 30-th minutes, it would not be a problem. If we would to sleep 90 minutes, this also would not be a problem. But between the 30-th and 60-th minutes is a very bad point for awakening.

What is the solution?

The solution is: cancel the time change.

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