

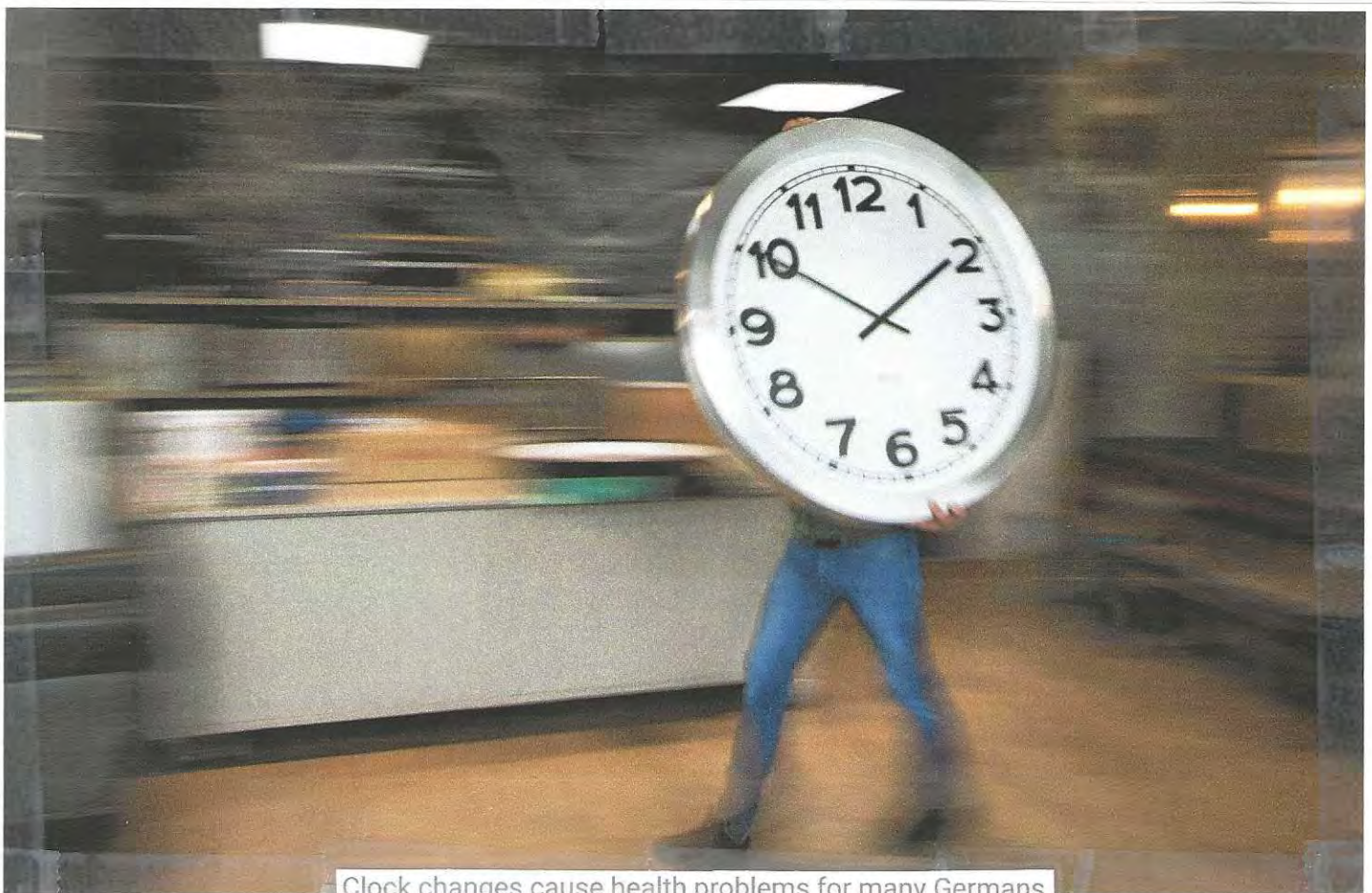
„Bei uns ist immer etwas los!“

DEUTSCHE FEIERTAGE, FESTE, UND MESSEN

ENDE DER SOMMERZEIT / WINTERZEIT / NORMALZEIT
END OF DAYLIGHT SAVINGS TIME
(last Sunday of Oktober)

More Germans suffer health problems after clock changes

The clocks go back one hour this coming weekend. But a new survey has highlighted the rising health concerns of Germans over the time change.



Clock changes cause health problems for many Germans.

It's that time of year again: on Sunday (October 27th) the clocks in Germany will go back by one hour, inaugurating shorter winter days again.

But numerous surveys have shown the majority of Germans want to see time changes abolished.

Now new research carried out on behalf of the DAK health insurance company, has found that almost every third German (29 percent) experiences physical and mental health problems due to the clock changes – the highest amount in recent years.