

„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 reset from 3am back to 2am this coming Sunday. Technically daylight savings (in spring) means an extra hour of light in the evening, while standard time means there is less darkness in the morning. The clocks 'spring forward' an hour in March and 'fall back' an hour in October, every year.

However, time is running out on the clock changes after the [EU parliament voted to get rid of them](#).

Health problems due to time change

According to DAK, more than three quarters of Germans are of the opinion that the time change is unnecessary and should be abolished.

More than three-quarters (77 percent) of respondents to their survey said they felt tired because of the time change. According to the survey, the next most common complaints involve problems falling asleep (65 percent) and insomnia (70 percent), from which women suffer particularly frequently.

A total of 41 percent of Germans find themselves less able to concentrate, while almost a third feel irritable. One in eight people even suffers from depressive moods. Men are 14 percent more likely to be affected than women (10 percent).

Meanwhile, 18 percent of respondents said they arrived late to work after the time change.

"Psychological problems which occur after the time change are nothing unusual," said psychologist Franziska Kath.

Kath said it is similar to jetlag because the inner clock gets confused.

"The best medicine is also the simplest," Kath said. "Rest and a few days of patience. Often it helps not to make stressful appointments in the week after the change and to approach everything at a more leisurely pace."