



Sleep experts want to stop 'springing forward' to daylight saving time

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DARIEN, IL - Most of the U.S. will "spring forward" to begin daylight saving time on Sunday, March 12, forcing many to lose an hour of sleep over the weekend and causing it to remain dark later in the morning for the next eight months. Based on evidence that shows the switch to daylight saving time carries many health and accident risks and is misaligned with human circadian biology, the [position of the American Academy of Sleep Medicine](#) is that seasonal time changes should be abolished in favor of permanent standard time.