

In the Name of Allah, Most Gracious, Most Merciful

Sleep Disorders - Jet Lag - Bad Sleep Habits

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All living creatures require a fairly regular sleep cycle for their survival. Our circadian rhythms resulting from rapid change in sleep patterns are slow to adjust and remain on their original biological schedule for several days. This results in our bodies' telling us it is time to sleep, when it is actually the middle of the afternoon. Additionally, it may make us want to stay awake when it is late at night. This experience is known as jet lag. All of these are influenced by our exposure to sunlight and help determine when we sleep and when we wake. Late Night Parties, Bad sleep habits, Day Light Savings and Jet Lag can precede insomnia symptoms and other various sleep disorders. Also, it increases challenges to science and technology, and our lives could be in danger as well. Sleep Disorders may also happens to those who participate in late night parties etc.

Health Effects due to Sleep Disorders:

Bad sleep habits, Day Light Savings and Jet Lags can affect both your body clock and health. Studies show that there is an increase in both heart attacks and road accidents in the days after clocks are set forward by one hour in spring.

Setting your clock forward one hour for Daylight Saving Time (DST) could mean losing an hour of sleep on the morning after the change. Also bad sleep habits and Jet Lag have the same effect, as well as sleeping late during the weekend and getting up early on weekdays. **Indeed, performing prayers/salaah is a duty on the believers at the appointed times, (Ref: Al_Quraan_004.103).**

Being tired can decrease productivity, concentration, and general well-being. Several studies also link bad sleep habits, Day Light Savings and Jet Lags to increased risk of heart attacks, road accidents, and sleep problems.

Challenges to Science & Engineering:

Clock synchronization is a problem from computer science and engineering which deals with the idea that internal clocks of several computers may differ. Even when initially set accurately, real clocks will differ after some amount of time due to clock drift, caused by clocks counting time at slightly different rates. There are several problems that occur as a repercussion of clock rate differences and several solutions, some being more appropriate than others in certain contexts.

Economic Impacts:

All of these impacts have economic costs too. An index from Chmura Economics & Analytics, released in 2013, suggests that the cost could be up to \$434 million in the U.S. alone for DST alone. That's an estimated total of all of the health effects and lost productivity mentioned above for DST alone, what about many other Sleep Disorders.

Other calculations suggest this cost could be up to \$2 billion - just from the 10 minutes twice a year that it takes for every person in the U.S. to change their clocks. (If you calculate 10 minutes per household instead of per person this "opportunity cost" is only \$1 billion.).

Global Clock Synchronization:

The "LONGITUDE" (abbreviation: Long., λ , or lambda) of a point on the Earth's surface is the angle east or west from a reference meridian to another meridian that passes through that point.

The world started going back towards normal to one Global Clock Synchronization. The majority of countries never observed Daylight Saving Times. In 2014, Russia left permanent DST and switched to permanent standard time.

Farmers never go with Daylight Saving Times. Alternatively, they follow sunrises and sunsets.

It is time now to switch back to one Global Clock Synchronization by leaving permanently Daylight Savings, since it is creating more problems and more unsynchronized world as well as bad for our economy as well as for our health.

Offset for time zones on lands from Coordinated Universal Time (UTC) MUST be set to 30 minutes apart instead of a whole number of hours, regardless of boundary of any provinces, states or countries, rather to follow lines of one Global Standard longitudes, keeping in mind that one time zone for a city or village, but provinces, states or countries can have different time zones. Australia, Brazil, Canada, Denmark, France, Indonesia, Kazakhstan, Mongolia, Mexico, New Zealand, Russia, South Africa, Spain, United Kingdom and USA etc. already have multiple time zones in their countries. Time zone in one region will have one standard time, regardless of north or south of equator. E.g. many cities falling in one region of North America (e.g. Canada & USA), Central America (e.g. Dominican Republic) or South America (e.g. Argentina, Bolivia, Brazil & Venezuela) will have one standard time.

References:

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<http://www.timeanddate.com/time/dst/daylight-saving-health.html>

<http://www.businessinsider.com/economic-and-health-effects-of-daylight-saving-time-2014-3>

"Early to bed and early to rise, makes a man healthy, wealthy, and wise", Benjamin Franklin. It is true for weekends as well.

Read Al-Quraan, the Miracle of Miracles and free from contradictions and errors

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