

Dr. William F. Shughart II Publishes Article on TheHill.com on Why Daylight Saving Time Costs More Than It's Worth

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Excerpt from TheHill.com – “Since California voters mandated daylight saving time (DST) in 1949, considerable evidence has accumulated that shifting clocks back-and- forth twice each year has significant economic costs. Because the human body’s circadian rhythms get a jolt regardless of the direction of the time change, people are less productive at work for a day or two afterward.”

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