

2. An increase in natural vitamin D absorption due to additional sun exposure.
3. Increased productivity due to more daylight hours.
4. Better sleep patterns (although this one is heavily debated).
5. Reduced electricity use due to less time with the lights on.
6. Decreased violent crime levels; reported as a 10–13% reduction by U.S. law enforcement.
7. Reduction in overall traffic accidents (which is very heavily debated).
8. Overall increase in voter turnout.

### **Daylight saving time cons**

There are conflicting opinions about the negative effects of daylight saving time. On one hand, an argument has been made that the negative effects are all related to a period of transition that can be dramatically reduced by preparing for the change. However, another school of thought is that the benefits are not worth the semi-annual disruption to daily routines and the increase in related incidents. In fact, in 2005, Kazakhstan abolished the practice, citing negative health effects as the cause. Some of the cons include:

1. Dramatic increase in traffic accidents during the period of adjustment.
2. Lost productivity during the period of adjustment.
3. Disrupted sleep patterns and disrupted morning routines during the period of adjustment.
4. A disruption to religious practices and morning prayers.
5. An increase in automated process inconsistencies and errors during the change.

Is the adjustment period worth the outcome, and will the earlier start and later finish to DST have the promised environmental impact?

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