

Hello Darkness, my old friend (Broadcast)

INTRO:

AS AMERICANS SAY GOODBYE TO DAYLIGHT SAVING TIME – IT CAN BE SEEN AS A BITTERSWEET TIME. ON ONE HAND – YOU’RE GAINING AN HOUR OF SLEEP. ON THE FLIP SIDE – THE DAYS GET SHORTER – AND WE SAY, “HELLO DARKNESS MY OLD FRIEND.”

TAKE VO

THE AMERICAN ACADEMY OF SLEEP MEDICINE SAYS PUBLIC HEALTH AND SAFETY WOULD BENEFIT FROM ELIMINATING DAYLIGHT SAVING TIME. THE A-A-S-M SAYS THE SWITCH TO PERMANENT STANDARD TIME WOULD “MORE CLOSELY ALIGN WITH THE BODY’S INTERNAL CLOCK.” THERE IS EVIDENCE DAYLIGHT SAVING TIME CAN TAKE A TOLL ON YOUR HEART. SPECIFICALLY – INCREASING THE RISK OF HEART ATTACK OF STROKE.

DR. FRANK HAN (**LIKE HAND WITHOUT THE D**) – A CARDIOLOGIST WITH OSF HEALTHCARE -- SAYS POOR SLEEPING HABITS CAN LEAD TO HEART HEALTH ISSUES LATER IN LIFE.

TAKE SOT DR. FRANK HAN | CARDIOLOGIST | OSF HEALTHCARE

“The act of waking up earlier without gradually changing your schedule can increase your stress hormones. If added on with unusual sleep schedule, night-shift work, then years down the road it can results in different kinds of cardiovascular diseases.”

VO TAG

DR. HAN ALSO RECOMMENDS BEING AWARE OF ANY HERDITARY HEART ISSUES THAT MAY RUN IN YOUR FAMILY... AND PAY ATTENTION TO YOUR LIFESTYLE CHOICES WHICH CAN MAKE AN IMPACT ON HEART HEALTH.

THE SENATE PASSED THE SUNSHINE PROTECTION ACT IN 2022 – WHICH WOULD SWITCH THE U.S. TO PERMANENT DAYLIGHT SAVING TIME. BUT THE BILL STALLED IN THE HOUSE.