Daylight Savings Time's Impact on Mental Health

As we shift the clocks forward for Daylight Saving Time this Sunday, it's important to keep in mind any potential mood shifts. Adjusting our time this way can impact on our bodies and mental health in various ways. Healthline indicates that our twice-yearly clock changes have a significant impact on health, with fall particularly affecting mental well-being.



Decreased sun exposure in winter months affects our skin, leading to lower vitamin D production. Although Daylight Saving Time itself doesn't necessarily trigger mental health conditions, these adjustments tend to impact on those already prone to mental health issues, including those with pre-existing conditions or heightened anxiety and depression.

Seasonal depression, or seasonal affective disorder, is known to occur during this timeframe. The disorder manifests symptoms such as depressive emotions, social withdrawal, lack of motivation, and inability to concentrate.

Another significant factor that arises due to Daylight Savings Time is sleep disruption. The American Academy of Sleep Medicine states that changes from and back to Daylight Saving Time can lead to mood changes and sleep disruptions, particularly affecting those prone to anxiety or depression.

To combat shifts in seasonal mental health, adjusting routines, maintaining healthy eating habits, and incorporating regular exercise are effective strategies alongside managing the effects of Time changes. Increased exposure to the outdoors, especially in the mornings, is known to help alleviate symptoms.

The impact of Time Changes can vary in effect for each person uniquely. If you or someone you care about notice an escalation in mental health issues, consulting a professional might help in managing the treatment process. For more information on or to set up an appointment, contact our mental wellness clinic at 747.315.6100. PACIFICA HOSPITAL OF THE VALLEY 14228 SARANAC LANE SYLMAR CA., 91342