

# Why I Dislike Time Change

Just a few of the reasons why I dislike the time change, especially the “Spring Ahead” version:

1. LOSING AN HOUR OF SLEEP

2. Mechanical clocks can be reset, kids’ internal clocks cannot. I will lose an hour of sleep, and my kids will still wake up at the same time, which doesn’t bode well for the “fall back” version of the clock change. In the spring, the kids will still want to go to bed at the same time, no matter what the clock says – see #2.

3. Normally I would like having the sun out later into the evening, but with 4 kids who don’t want to go to bed until it’s dark, the old go-to-bed reply, “but it’s not dark out yet” can actually make sense until 10pm where we live. I both like having daylight until 10pm in the summer and dislike it at the same time – a conundrum for now, maybe something I’ll like better when my kids get older.

4. LOSING AN HOUR OF SLEEP (that hour is so precious, it’s on here twice)

5. There is a HUGE difference between 9:45pm and 10:45pm that I wouldn’t have noticed if not for the time change tonight. At 9:45, the night was young, I had time for my shower, some laundry, and maybe a quick tv show or two to watch with Hubby before bed. But before getting into the shower, I changed the clocks, and suddenly it was 10:45. Suddenly there is only time for the shower and maybe a quick load of laundry before getting to bed too late to really feel good tomorrow anyway. And no kid-free time with Hubby because (see #2). ☐

6. LOSING THAT HOUR OF SLEEP (so important, it needs to end the list)

Don't forget to set your clocks ahead one hour everyone, and forgive me if I chuckle at those of you who show up late to church tomorrow – maybe it will help me feel better about my tiredness!! ☐