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## A call for Central time so Hoosiers are healthier, more alert

While Hoosiers are seeking ways to save money, they are already paying a price for the lack of morning daylight due to our abnormally late sunrises. Not only are there criminal events and accidents, but there is a hidden (in the short run) cost to placing most citizens into a "shift worker" status.

How is that possible? Indiana is on the eastern side of the Central time zone. By adding daylight-saving time, we move to two hours of daylight and thus frequently wake before sunrise to begin our day. Thus, not only do we confuse our circadian clock but we sleep less and are less alert while awake. Furthermore, deprivation of sleep is linked to heart and kidney disease. For a more natural sleep/wake cycle, we should be moved to our correct time zone: Central.

**Cheryl Gettelfinger**

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