



Irish Nurses and Midwives Organisation
Working Together

**Submission to the Department of Justice
and Equality**

Consultation on Seasonal Clock Changes

December 2018

Q.1. Do you want to stop changing the clocks twice a year?

The INMO would be in favour of ceasing to change the clocks twice a year.

Over 15% of workers in Ireland are shift workers including many nurses and midwives. Shift work generally is defined as work hours that are schedules outside of daylight. Shift work disrupts the synchronous relationship between the body's internal clock and the environment. (Berger and Hobbs, 2006) The body's internal clock or circadian rhythm drives wakefulness and sleep. Disturbances of the circadian rhythm affect sleep and can cause sleepiness of sleep disruption at inappropriate times (Knutsson, 2003)

Many physiologic rhythms fluctuate in preparation for activity or rest. Body temperature, cortisol, and melatonin levels change in preparation for waking or sleeping. For example, in anticipation of daytime activity, cortisol levels increase around 4am and peak around 6am (Lee and Lipscomb, 2003)

Nurses and midwives are exposed to sunlight while driving home after night shifts. Depending on the season, nurses and midwives working 12hour night shifts (until 7-8am) may drive home from work at dawn. The exposure to light stimulates activity and alertness, and it also delays the body's preparation for sleep. While night shift workers need to adopt counter measure (such as wearing sunglasses to reduce light exposure), the impact of daylight savings time has a major disruptive effect to our circadian rhythms.

The changing clock at the start of summertime has a big impact on body clocks and tiredness is inevitable as people lose an hour in bed. Existing studies also claim to identify increases in traffic collisions, workplace injuries, cardiovascular diseases. However there are very few empirical studies the overall state the daylight savings time significantly harms population health. There are however clear and consistent evidence that health improves in the short run when people get one more hour of sleep.

Several countries and US States (Russia, Alaska, Missouri, Texas, Arizona and Hawaii) have or are considering measures to abolish the twice yearly clock changing.

Q.2. If the clock changes stop, do you want to remain on summer time or winter time?

The preference would be to stay on summer time in order to have brighter evenings in the Winter time. While this would result in darker mornings, it would aid those coming off shift to keep light exposure to a minimum.

According to Brendan Halpin, the number of mornings with sunrise after 9am under permanent summer time varies between 75 and 99, with Dublin at 80. In comparison, Helsinki (the most northerly capital) currently experiences 50 mornings a year with sunrise after 9am.

With regard to the impact on traffic collision risk, there is an argument that such a move would have benefits for road safety, with daylight being shifted from the morning, when collision risk is lower, to the evening when risk is higher. (Carey and Sarma, 2017)

The EU Commission Staff Working Document on EU Summertime Arrangements summarised the results from the EU wide public consultation and the majority of respondents would prefer a permanent summertime arrangement. That said there is a minority (36%) who wanted a permanent wintertime.

Q. 3 What would your opinion be if this proposal were to give rise to different time zones between Ireland and Northern Ireland?

The reason Ireland currently changes the clocks is due to the Summertime Arrangements in the EU which have been in existence since the 1980s and currently governed by the EU Directive 2000/84/EC. The Directive sets out the obligation on EU Member States to switch to summertime on the last Sunday of March and to switch back to wintertime on the last Sunday of October. The objective of this EU legislation was to unify existing national summertime schedules that were diverging, thereby ensuring a harmonised approach to the time switch within the single market.

While the impact of the withdrawal of Great Britain from the European Union is unknown, Ireland has no current plans to leave the single market and therefore would be better to align itself to the majority of this market and remain with the EU norm.

A report from the ESRI (Crowley, Fitzgerald and Malaguzzi, 2014) looking at the possible effects on peak electricity generation states that in Ireland and Great Britain the peaks in daily electricity demand either coincide or occur close together usually between 6pm and 8pm in the winter. If the peaks were to be displaced from each other, the maximum amount of electricity a fully integrated system would have to generate might be reduced, with a potential saving in peak. There could also be savings over the rest of the day through more efficient utilisation of lower cost generation capacity.

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----- Forwarded message -----

From: **Irish Patients Association** <info@irishpatients.ie>

Date: Thu, Nov 29, 2018 at 10:35 AM

Subject: Seasonal Clock Changes Submission " People getting more morning light were also less likely to report feelings of depression and stress."

To: <timeconsultation@justice.ie>

The winter time clock Changes which allows for brighter mornings and earlier darker evenings evenings has a number of benefits for people and citizens

1) For those children walk or commute to school they do so in the light which is safer for them

2) There is a benefit for the elderly, as they are mobile earlier in the day going about their business.

a Attending early morning Hospital appointments where they could have slip trip fall on their

way to hospital because of darkness

b Natural light is important for everyone but especially the elderly who get up early, younger

folks may not appreciate the gift of a new day !!

c) While we have no evidence fro those elderly get up early natural light may prevent falls in the home - The WHO

global report on falls prevention in older age

(attached) include environmental risk factors such as insufficient lighting as a contributing risk factor cf page 5

d) For workers generally in a Reuters report of study in the sleep journal says

"Exposure to more light during the day and less light at night is critical for healthy sleep patterns because it helps to calibrate the body's internal "circadian" clock, the study team writes in the journal Sleep Health."

Other findings suggested

" Researchers found that people who were exposed to greater amounts of light during the morning hours, between

8 a.m. and Noon, fell asleep more quickly at night and had fewer sleep disturbances during the night compared to

those exposed to low light in the morning.

People getting more morning light were also less likely to report feelings of depression and stress."

<https://www.reuters.com/article/us-health-sleep-daylight/morning-daylight-exposure-tied-to-a-good-nights-sleep-idUSKCN18E23E> accessed 20/11/2018 10:24

Finally, as very briefly stated above, further analysis on health and safety aspects of this proposal is needed, perhaps the case should be made that the rest of the EU reverts to our Celtic light hour !

--

Regards and Thank You

Stephen MCMAHON

"Change and Reform in our healthcare systems should not be preceded by preventable funerals and injury to patients"

www.irishpatients.ie

Irish Patients' Association

Dublin

00353876594183

Submission on

Ending Seasonal Clock Changes

Prepared for:
Department of Justice and Equality

Prepared by:
Irish Primary Principals' Network

December 2018

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1. INTRODUCTION

IPPN is the officially-recognised professional body for the leaders of Irish primary schools. It is an independent, not-for-profit voluntary association with a local, regional and national presence. Recognised by the Minister for Education as an official Education Partner, IPPN works with the DES, the National Parents' Council, management bodies, unions, education agencies, academic institutions and children's charities towards the advancement of primary education. IPPN articulates the collective knowledge and professional experience of over 6,500 Principals and Deputy Principals.

We appreciate the opportunity to comment on the proposals to end seasonal clock changes, and to consider the implications for primary schools and their pupils. We included the questions posed in the consultation documentation in our membership consultation survey in November as follows:

Do you want to stop changing the clocks twice a year?

1. If the clock changes stop, do you want to
 - a. remain on summer time?
 - b. remain on winter time?
2. What would your opinion be if this proposal were to give rise to different time zones between Ireland and Northern Ireland?

In addition, to further explore the issues, we asked the following questions. Answers were provided in free format and are summarised in this submission:

1. What impact do you see on schools of the clock remaining on summer time?
2. What impact do you see on schools of the clock remaining on winter time?
3. Do you have any other comments to feed back in relation to the seasonal clock?

By 12th December 2018, 848 school leaders had responded to the survey, representing up to 26% of primary schools. Our submission is based solely on the feedback provided.

2. SCHOOL LEADERS' FEEDBACK

2.1. TO STOP OR NOT TO STOP THE CLOCK

Do you want to stop changing the clocks twice a year?

- Yes 53%
- No 47%

If the clock changes stop, do you want to

- remain on summer time? 79%
- remain on winter time? 21%

What would your opinion be if this proposal were to give rise to different time zones between Ireland and Northern Ireland?

- It would change my opinion - 43%
- It would not change my opinion - 57%

2.2. IMPACT ON SCHOOLS OF THE CLOCK REMAINING ON SUMMER TIME

The following comments are indicative of the type of feedback provided:

- I would feel it's more beneficial to have brighter and longer evenings as most of our after school activities occur at this time
- Would like more information on the pros and cons
- Remaining on summer time would have a very positive impact on staff as they may have an opportunity to be more active outside of school during the winter months.
- It can't happen soon enough. The dark evenings are long and not conducive to exercising outdoors.
- We should not be on a different time to the rest of the country
- Do not change!
- Unsure
- I would prefer to keep the clock changes
- Yes it needs to stop changing, and even here in the northwest beside border I would say that
- keep the tradition, it is a useful focus for teaching the children about seasons
- The link to DOJ information did not help. I would like to see the arguments for and against more clearly
- I don't have a strong opinion in favour or against changing clocks
- Longer evening increase chances of people getting in exercise and fresh air during dark winter months thus reducing depression and anxiety levels.

2.3. IMPACT ON SCHOOLS OF THE CLOCK REMAINING ON WINTER TIME

The following comments are indicative of the type of feedback provided:

- Getting dark in early evening which presents issues with children getting home safely as most of our children walk to school
- Less daylight hours for all to be about playing, walking etc.
- Don't need brighter mornings in summer. Bright anyway.
- Hours of darkness
- Darker evenings will not impact the school as we will largely be closed, could ease students having difficulty going to bed as it won't be as bright as late at evening.
- No major impact
- Could impact positively on mood and safety due to bright mornings
- Brighter mornings are always a positive
- Darker mornings and greater heat bills
- Very negative as evenings are too short
- Children going home in the dark. Safety issues.
- Children have no time to unwind and exercise after school. It is practically dark by the time they are home and have eaten.
- No great difference. Why is this important?
- May ease the burden slightly when icy if travelling to work or trying to open a school (may have thawed more)
- My school starts at 8.30 so brighter mornings would be more than welcome
- Children may be brighter in mornings!
- In Rural Ireland, we need light in the morning where there is no street lighting
- It will be dark until 10 a.m. each morning
- It will be very dark much earlier in the day and the same problem at the end of the day
- Not so much impact on schools
- Increase in electricity bill
- Too much darkness!!!
- Brighter mornings would be beneficial

2.4. OTHER FEEDBACK PROVIDED

School leaders were asked whether they had any other comments to make in relation to seasonal clock changes. Some felt unqualified to respond to the issue without further research. 'Leave well enough alone, it has done no harm' was a common response. A significant number of respondents also said they would go along with the majority decision and that people would adapt either way.

It is clear that this is not an issue that is prominent in most school leaders' minds, and they told us quite directly that it was not a priority for them. Some comments give pause for thought, however:

- It makes better sense to children to stay on the same time
- We have 84 students with Autism. The clock change is always very difficult for them. In particular they appear to struggle most with the Autumn change, which can lead in some to a down turn in mood and an increase in behaviours that can challenge us.
- If it gives rise to two different time zones on this tiny island it's ridiculous
- Winter in Ireland is grey enough without making it worse with a change to winter time.
- As a parent of a small child it's torture when the clock changes
- The best option in my opinion would be to change to winter time for December and January only
- Thought needs to be given to those most rural schools in remote country areas particularly in the North and West.

3. CONCLUSION

IPPN has provided feedback based on the responses received directly from our members. We hope that this will help in making the decision whether to stop or continue changing the clock according to the seasons.

We would be happy to meet with the decision-makers to discuss any of the issues raised in this submission.



Irish Rural Link
Nasc Tuaithe na hÉireann

Irish Rural Link Submission on Seasonal Clock Change

30th November 2018

Contact Seamus Boland/Louise Lennon



**Department of Rural and
Community Development**

*An Roinn Forbartha
Tuaithe agus Pobail*

Introduction

Irish Rural Link - the national network representing the interest of rural co welcome the opportunity to make a submission on the Seasonal Clock Change. On coming to a conclusion on whether to stop changing the clocks twice a year and if clock changes stop whether we remain on summer or winter town, there are a number of things that must be considered.

Many rural areas, do not benefit from street lighting, therefore dark evenings and dark mornings can cause many challenges for people living in rural areas and what the impacts of changes or no changes to the clocks would be. Another important factor that needs serious consideration is if Ireland decide to remain on summertime all year round, what challenges this would bring in terms of different time zones with Northern Ireland – how this would affect people who cross the border to work each day and for those doing business cross border.

Do you want to stop changing the clocks twice a year? If the clock changes stop, do you want to remain on summer time or winter time?

Irish Rural Link and the majority of its members would like to see a stop to changing the clocks twice a year and that it would remain on summer time all year round.

IRL feel that while mornings would be darker during the winter months, the benefits of the longer evenings would outweigh this. The following are some of the main reasons why we would like the clocks to remain on summer time all year round.

1. Reduce Loneliness

Many of our members are community groups that work with older people living in rural areas. For many of these people, especially those living alone, the change in the clocks to winter time is often difficult for them. With the darker evenings, they are less inclined to go out once it gets dark, making the nights not only very long but also quite lonely.

The Loneliness Taskforce Report (2018) found that '*loneliness is the public health crisis of this generation*' and that it brings with it many other health and mental health issues¹. TILDA report found more than 37% of people aged 50 and over reported feeling lonely often or some of the time. The figure stood at 36% of those aged 50-64, rising to 45% of 75-year-olds and older².

The extra hour of daylight in the winter evenings could help reduce the onset of loneliness from many people, allowing them to go out in the evenings a bit more, reducing the time they spend on their own.

¹ Loneliness Taskforce (2018) '*A Connected Ireland: An Ireland Free from Loneliness*' <https://lonelinesstaskforce.files.wordpress.com/2018/06/loneliness-taskforce-a-connected-island-an-ireland-free-from-loneliness.pdf>

²TILDA (2018) '*Epidemic of Loneliness leading to Chronic Health Problems*' <https://tilda.tcd.ie/news-events/2018/1804-loneliness-chronic-health/>

2. Improve Mental Health

Seasonal Affective Disorder (SAD) affects approx. 1 in 15 people between September and April, with it particularly severe during the months of December, January and February³. This is mainly due to the lack of daylight hours' people get during these months. This and other mental health problems could be reduced if people had the extra time in the evening when finished work to get some daylight. Also, people would be more inclined to exercise outdoors if they evenings were brighter for longer, helping both physical and mental health.

3. Reduced incidence of Crime

The winter months can often see an increase in burglaries. An analysis of insurance companies found that approx. 42% of home insurance claims for burglaries in 2016 and 2017 were made between October and January⁴. The dark evenings make it easier for burglars to carry out such crimes. Keeping summer time all year round, could help the reduce the incidence of crime.

4. Agriculture Sector

While one of the arguments for changing the clocks to winter time was for brighter mornings for farmers to have the light to do milking and other farm jobs in the morning, this argument is no longer as valid mainly due to improved technology and that most milking parlours on farms are well lit up. Indeed, IRL members involved in the agriculture sector have said that farmers would prefer the extra brightness in the evening time, especially in the months of December, January and February, so they can do work later in the evening. Also, this is usually lambing season so the extra hour of daylight in the evening would be beneficial for this.

5. Energy Saving

While everyone is trying to reduce their energy use, the winter months see an increase in energy use in the home. Keeping summer time all year round can help to reduce the need for households have lights on in the home for longer. Also with brighter evenings, people tend to stay outdoors for longer. It could also help reduce energy poverty, especially for those on lower income.

³ Mental Health Ireland 'Seasonal Affective Disorder' <https://www.mentalhealthireland.ie/a-to-z/seasonal-affective-disorder-sad/>

⁴ <https://www.breakingnews.ie/ireland/here-is-the-time-of-year-when-most-burglaries-happen-according-to-the-aa-872495.html>

What would your opinion be if this proposal were to give rise to different time zones between Ireland and Northern Ireland?

Serious consideration needs to be given to the impact the different time zones between Ireland and Northern Ireland if Ireland choose to have summer time all year round, especially for people living in the border counties, and who may work either side of the border.

However, with the onset of Brexit, the EU will become Ireland's main trading market and where we will be doing the majority of our business. Keeping our time as close as possible to Central European Time, would be more beneficial to businesses in Ireland, making it easier to conduct business but also to conduct meetings and meet deadlines.

Conclusion

While the benefits to people and business for not changing the clocks and keeping summer time all year round outweighs changing the clocks twice a year, consideration needs to be given to the impact of darker mornings during the winter months. There would be some concern about children's safety in rural areas while waiting for school bus on winter mornings. And as outlined above, how the change would impact on people who work cross border.

Irish Rural Link the Organisation

Irish Rural Link (IRL), formed in 1991, is a national network of organisations and individuals campaigning for sustainable rural development in Ireland and Europe. IRL, a non-profit organisation, has grown significantly since its inception and now directly represents over 600 community groups with a combined membership of 25,000.

The network provides a structure through which rural groups and individuals, representing disadvantaged rural communities, can articulate their common needs and priorities, share their experiences and present their case to policy-makers at local, national and European Level.

Irish Rural Link is the only group represented at the national social partnership talks solely representing rural communities' interests.

'Our vision is of vibrant, inclusive and sustainable rural communities that contribute to an equitable and just society'

Irish Rural Link's aims are:

- To articulate and facilitate the voices of rural communities in local, regional, national and European policy arenas, especially those experiencing poverty, social exclusion and the challenge of change in the 21st century.
- To promote local and community development in rural communities in order to strengthen and build the capacity of rural community groups to act as primary movers through practical assistance and advice.
- To research, critique and disseminate policies relating to rural communities including issues such as sustainability, social exclusion, equality and poverty
- To facilitate cross-border networking between rural communities

'Our mission is to influence and inform local, regional, national and European development policies and programmes in favour of rural communities especially those who are marginalised as a result of poverty and social exclusion in rural areas.'

Dear Sir/Madame,

I would like to see the clock remain on Summertime with NO seasonal changes made.

Regards

John

"Through education & training, promote a stronger safety culture, attitude and behaviour for people on, in or near water"

Patron: Michael D Higgins - President of Ireland Éarlámh: Micheál D. Ó hUigínn, Uachtarán Na hÉireann.

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Irish Water Safety is the Statutory and Voluntary Body established to promote water safety in Ireland. Registered Charity Number CHY 16289



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Submission to the Department of Justice and Equality Consultation on Seasonal Clock Changes

Dr. David Malone

November 2018

To briefly introduce myself, I am a senior lecturer in Maynooth University. I have been running one of the public time servers for computers in Ireland since the mid-1990s, regularly give talks on time-keeping used in Ireland and have done research on the implementation of ‘leap seconds’ in the UTC timescale. I have also followed the EU’s previous reports on the implementation of daylight savings in 2007, 2014 and 2017.

In addition to answering the three questions, I would also like to comment on the time scale for implementing a change the EU’s daylight savings arrangements, as fully implementing any change by October 2019 seems impractical. I will comment on this below my answers to the questions explicitly posed by the consultation. I would also be happy to provide more detail on any of the points raised.

Do you want to stop changing the clocks twice a year?

I believe that the current daylight savings process is actually a reasonable compromise across Europe. I know there are benefits for southern Europe in terms of having more leisure time away from hot sun in the summer and in northern Europe it provides more daylight in the mornings in winter, when daylight is scarce. Operationally, we are used to this arrangement, and with the EU coordinating the schedule of changes throughout Europe, this has resulted in pretty smooth cross-border operation. The main downsides of continuing with the current daylight savings arrangements is that it seems to have some health implications and annoys some people.

It could be desirable to cease the current daylight savings arrangements, however my support for that would depend on the new arrangement being preferable to the current situation, particularly in terms of health and daily lives for citizens, as that is the main argument for change. It is not fully clear to me whether we can determine if stopping the twice-yearly change will be an improvement until we know what our European neighbours will do and also what the UK will do.

If the clock changes stop, do you want to remain on summer time or winter time?

If the clock changes stop, I believe the evidence points strongly towards all-year winter time being the right choice for both the average citizen and for businesses dealing with the US. This may result in some inconvenience for businesses dealing with the EU, but given the potential lifestyle and health implications, it seems like the only reasonable choice. My reasoning is as follows.

All-year Winter Time To give some historical context, before 1880, each town in Ireland notionally operated on its own local time¹. In 1880, the legal time in Ireland was set to Dublin Mean Time, centered on Dunsink in Dublin². In 1916, daylight savings was introduced in Ireland³ and by the end of the year we had moved to a time zone centered on Greenwich in London⁴. These two changes effectively place Ireland to the west of its time zone.

Moving to all-year winter time would correspond to keeping our time zone centered on London. Our winters would be unchanged relative to current practice, but our summers would seem to have shorter evenings and more daylight before we get out of bed. Given that this situation would correspond to roughly the 1880–1916 situation mentioned above, I believe that this would be a livable solution for most Irish citizens.

One down-side of all-year winter time is that if Ireland kept winter time while our EU neighbours kept summer time, then there would be a two-hour difference between Ireland and other countries in the EU. Of course, we cannot know if this would come to pass until we know the decisions of our EU neighbours. On the other hand, staying on all-year winter time puts us in a time zone closer to the US, which may be an advantage to high-tech companies in Ireland that have to hand-over customer support or monitoring of on-line services to teams on the west-coast of the US.

All-year Summer Time Moving to all-year summer time would correspond to centering our time zone somewhere near Szczecin in Poland, placing us in the extreme west of the time zone. The implications of this are that for roughly one month in the winter, sunrise in Dublin would be after 9:30am and in Sligo it would be after 9:30am for almost all of December and January⁵. This would, of course, provide an extra hour of daylight in the evening in the winter. However, my understanding of the biological literature is that it is more important to have daylight early in our waking days to synchronise our biological clocks⁶. Indeed, recent research indicates that living in the extreme west of a time zone increases rates of particular cancers⁷.

Luckily, an experiment with all-year summer time has already been conducted relatively recently in Ireland; both the UK and Ireland followed all-year summer time from 1969–1971. Everyone who I have spoken to who remembers this experiment found it difficult: children were going to school in the dark, frost had not cleared when people left their houses and so forth. Newspaper articles from the time also indicate that it was unpopular, for example, dark mornings causes industrial tensions

¹This would have been common practice before the railways, but was legally decided by the 1858 Curtis v. March case.

²Statutes (Definition of Time) Act, 1880.

³Summer Time Act 1916.

⁴Time (Ireland) Act, 1916.

⁵Calculations based on numbers from <https://www.timeanddate.com/>. At the moment sunrise in Dublin is never later than roughly 8:40 and in Sligo never after 9:00. If you would prefer to work with civil twilight times rather than sunrise times, subtract about 30 minutes and work with 9:00am rather than 9:30am for sunrise.

⁶For example, see the statement by the Society For Research on Biological Rhythms at <https://srbr.org/wp-content/uploads/2018/10/SRBR-Statement-on-DST.pdf> and the European Biological Rhythms Society <https://www.ebrs-online.org/news/item/dst-statement-ebrs-endorsed>.

⁷Gu, Fangyi, Shangda Xu, Susan S. Devesa, Fanni Zhang, Elizabeth B. Klerman, Barry I. Graubard, and Neil E. Caporaso. *Longitude Position in a Time Zone and Cancer Risk in the United States*. *Cancer Epidemiology and Prevention Biomarkers* (2017). <https://www.ncbi.nlm.nih.gov/m/pubmed/28450580/>.

where outdoor workers were scheduled to work but it was too dark⁸. British farmers dubbed it “Bloody Stupid Time”, instead of “British Standard Time”, and the situation in Ireland would have been more extreme⁹. Of course, one could reschedule schools, colleges, work and meetings to start later in the winter, but this rather misses the point of abandoning daylight savings.

Russia also briefly experimented with all-year summer time from 2011–2014, but abandoned it, reportedly due to health and stress issues, particularly for more northerly citizens¹⁰.

What would your opinion be if this proposal were to give rise to different time zones between Ireland and Northern Ireland?

I suspect, to maintain a genuinely soft-border between Ireland and Northern Ireland, having both counties in the same time zone is highly desirable.

Interestingly, Ireland and Northern Ireland have been in different time zones before. From 1941–1945 and 1947, the UK practiced double daylight savings, but Ireland did not, resulting in a change of time zone as one crossed the border. As the effects of the war, or its aftermath, were being felt when this happened, it is harder to say what it would mean for people’s everyday lives now. It did result in a number of droll letters and articles¹¹, indicating that it did have some impact on people, despite the effect of the war.

However, it is possible to make some observation based on the newspapers of the time. Timetabling of transport seems to have been a practical issue, with complicated timetables having to be issued for cross-border travelers¹². If the UK continued to change their clocks while Ireland has all-year summer or winter time, this would also require the issuing of new transport timetables for busses, trains and on-island flights twice per year.

It is also worth noting that today there are thousands of people who cross the border each day to commute to work¹³. If there are two time zones, these people will either have to leave the house early to get to work, or arrive home an hour later to their families.

Timescale for Implementation

I believe that a successful implementation of any change to the EU’s current practice of daylight saving cannot easily be achieved by October 2019. Before any practical changes can be made, the following must be done at political level.

1. Each country must decide what it would do if daylight savings arrangements are to be changed. This is ongoing, but as pointed out above, it involves consultation with both EU and non-EU neighbours.
2. Once each country has decided what it would do if arrangements were to be changed,

⁸E.g. *Winter time dispute in Bord na Mona*, The Irish Times, Wednesday December 18, 1968.

⁹E.g. *Farmers Claim B.S.T Has Cut Production*, The Irish Times, January 23, 1969.

¹⁰See <https://www.bbc.com/news/blogs-news-from-elsewhere-28423647> or <https://www.timeanddate.com/news/time/russia-abandons-permanent-summer-time.html>.

¹¹E.g. see the Irishman’s Diary in The Irish Times, Thursday, May 1, 1947.

¹²For example, the Great Northern Railway run announcements of new timetables and the London, Midland and Scottish Railway announce that the scheduling of mail services will be changed due to time changes between Dun Laoghaire and Holyhead.

¹³See, for example, the 2016 Census report *Cross Border Commuters 2016* at https://www.cso.ie/en/media/csoie/newsevents/documents/census2016profile6-commutinginireland/Cross_Border_Commuters_2016_v2.pdf.

the EU needs to ask if the result is better than the existing daylight savings arrangements.

3. If it is, then the EU will need to pass a new directive to replace 2000/84/EU.
4. It is then likely that each country will need to pass local legislation to give force to any new arrangement.

Once this is complete, then various industries will need to make practical arrangements. For example, airline companies that have landing slots booked into the future outside the EU will need to make adjustments, as though the clocks will have changed, the time to complete a flight will not have.

Note that the daylight savings arrangements for the EU have not changed in practice since before the mid-1990s, so no updates have been necessary to Ireland's time zone information since the Internet has become popular. For the area of computer time keeping, where I have some experience, I have given some consideration of what needs to be done in order to update computers and related devices.

1. Most computers use a system called the Olson Timezone Database¹⁴ to convert universal times into local times, or some close equivalent. This database will need to be updated with the new rules for each country. This will be relatively quick.
2. The Olson database will need to be incorporated into new releases of operating systems, such as Windows, MacOS, Linux, Android and iOS. Each of these will require Microsoft/Apple/Google/Samsung/..., to import the changes to the database (which should be quick), release the change (maybe a few weeks to a month). Note that modern TVs and set-top boxes are also likely to require updates which may be harder for smaller equipment vendors to provide.
3. Users with computers, tablets, smart phones and TVs that are new enough will be able to install these changes in the space of a few months. Users with older devices or operating systems will probably not be able to get updates, and so will likely display the wrong time¹⁵
4. Some computers believe they are in a time zone called something like 'London, Lisbon, Dublin', as these three cities have been in the same time zone since the mid-1990s. After any change, it is unlikely that all of London, Lisbon and Dublin will be in the same time zone, and so these computers will need to be identified and then manually configured to be in one of London, Lisbon or Dublin. Similar updates may be required for devices and systems that have been told they are in the UK rather than Ireland.
5. Some specialist equipment requires time synchronisation from radio sources. If these devices need to know the local time, they may also require updates. For example, it is common that devices such as radio clocks are synchronised from the Rugby radio signal (MSF) or the Frankfurt radio signal (DCF). Both these signals transmit whether daylight savings is in force in the UK or Germany, respectively. However, if Ireland follows a different daylight savings regime from either Germany or the UK, these devices will need to be identified and manual intervention will be needed to correctly adapt after any change.

¹⁴https://en.wikipedia.org/wiki/Tz_database

¹⁵This may even have an environmental impact, as devices with no updates may have to be replaced, even though they could otherwise continue to be used.

Many of the steps above are easier to make over a longer time frame, where standard cycles of software updates and equipment replacement would naturally resolve some of the required steps. It would also give more time to address devices requiring manual intervention.

While I have outlined the changes that would be required for computer timekeeping, other areas will require their own steps before a change to daylight arrangements could be smoothly incorporated. Consequently, I believe that more lead time should be allowed if any change is to be made.

Dr. David Malone,
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Mr. Eoghan O'Brien,
Department of Justice,
Time Consultation Unit,



Meath Laterlife Network
C/O Meath Partnership
Unit 7 Kells Business Park,
Cavan Road,
Kells,
Co. Meath,
A82 T3V5

29th November 2018

Dear Mr. O'Brien,

Meath Laterlife Network is a network of older people throughout county Meath working closely with Meath County Council Age Friendly Alliance and supported by Meath Partnership.

Our broad aim is to be a voice for older people in the County, to inform the Age Friendly County Strategy and to advise Meath Partnership on its own work with older people.

Having consulted with our members on the subject of Seasonal Clock changes we have come to the consensus that we would prefer that Ireland would remain on "Summer Time".

This would be more beneficial to our members as there would no longer be the long dark and lonely evenings. This would also give us the opportunity for more outdoor walking and encourage interaction between neighbours and friends.

I can be contacted at laterlifenetoworkmeath@gmail.com or call me on 087 2712651.

Yours sincerely,

Jim Matthews

Chairman

Meath Laterlife Network

Dear Sir/ Madam,

Thank you for giving me the opportunity to express my opinion in this matter.

If we move away from making the twice yearly changes to the time I would like to see us **KEEPING THE SUMMER TIME.**

For the following reasons;

Sports

Recreation

Tourism

We have 2 sons, who like thousands of other children in this country, enjoy playing sports. Ours play soccer and hurling. During the winter months matches are confined to the weekends, but as soon as the clock changes to Summer time they get to play midweek games in the extended evenings. As a coach and parent I believe that sports and exercise are hugely beneficial to all children and they should be encouraged and facilitated to participate. I feel that by staying with the summertime this will enable sporting and other bodies to continue with evening activities for their young members in the summer months. And while the children are off during the summer holidays it is the parents and coaches who are still working that have to organize and supervise the activities, so they can't take place until the evenings anyway.

I think that keeping to the winter time schedule would reduce the amount of activities available to young people drastically which is something we should avoid, especially if we wish to address the already looming problems that could be associated with poor health later in life.

For my own part, which is similar to the above, Aswel as being a coach I like to participate in mountain racing. Apart from the occasional weekend ultra marathon most of the races I compete in are held during the summer evenings. Some are lucky and fit enough to complete these courses in a quick time but the nature of the terrain and conditions mean that the majority of runners need time to complete the routes safely. The extended daylight hours during the summer months allows for this.

This would also be true for groups engaged in Hill walking, hiking, mountaineering, cycling etc etc. a huge array of activities.

How many tourists arrive to our shores every year to enjoy our beautiful scenic countryside on long summer evenings and also to engage in many of the above activities.

How many people are already leaving their homes on dark winter mornings in an effort to beat traffic chaos, would changing to summer time make a huge difference? I'd rather do that and have a longer evening to look forward to.

Just my thoughts anyway, thank you again for the chance to share this.

Regards,
Graham

--

Graham K. Bushe, BSc,
Senior Executive Assistant,
Medical Bureau of Road Safety,
University College Dublin,
Belfield,
Dublin 4.



National Parents Council (Primary)

Submission to the Interdepartmental Steering Group
to consider the
EU Commission's proposal to end seasonal clock
changes in 2021

November 2018



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Introduction

National Parents Council Primary (NPC) is the representative organisation for parents of children in primary or early education. NPC was established as a charitable organisation in 1985, under the programme for Government, as the representative organisation for parents of children attending primary school. It received statutory recognition in the Education Act 1998.

NPC Vision

NPC want to see an Ireland where **every** child has the opportunity to reach their full potential.

NPC Mission

NPC exists to ensure that all parents are supported and empowered to become effective partners in their children's education. NPC will work to increase the capacity and capability of the primary education sector, to achieve true partnership and deliver better outcomes for all children.

NPC's Key Activities are:

Representing the parents' voice in primary education

Advocacy

Building participation

Service delivery

NPC Service Delivery

NPC services are aimed at empowering parents so that they can support their children in all aspects of education.

Helpline

The NPC helpline is a national confidential service for parents. The helpline staff listen and give information and support to parents to help them make the best possible decisions for and with their children.

Training and Development

The NPC Training and Development programme is a national programme of training, development and support for parents. The purpose is to empower parents to play an active part in their child's education at every level.

Website

The NPC's website www.npc.ie aims to provide parents with information regarding primary education. The site also allows parents an opportunity to give NPC their views regarding primary education issues.

NPC Submission

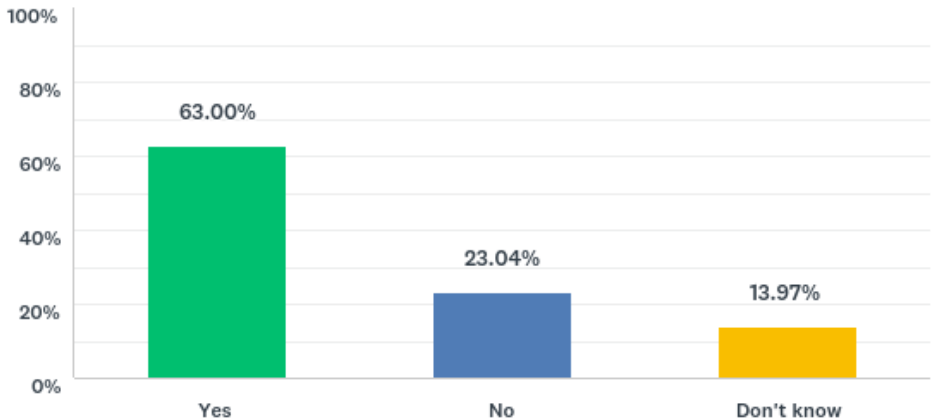
NPC welcomes the opportunity to make a submission to the Interdepartmental Steering Group to consider the EU Commission's proposal to end seasonal clock changes in 2021.

In order to make this submission National Parents Council Primary surveyed parents for a two and a ½ week period from the 13th to the 29th of November 2018. There were 2,880 responses to the survey.

Following are the results of the survey, please note that parents were able to give expanded answers to questions 2, 3, 5 and 6; these responses can be found in the Appendix.

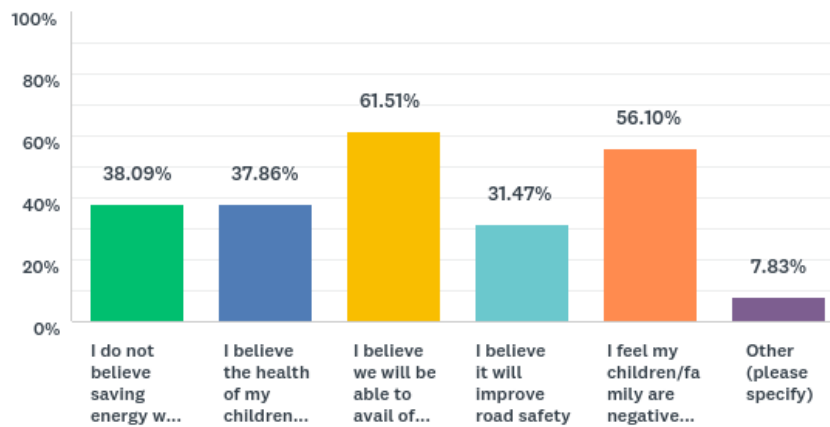
Survey Results

Q1 Do you want the clocks to stop changing twice a year?



ANSWER CHOICES	RESPONSES	
Yes	63.00%	1,813
No	23.04%	663
Don't know	13.97%	402
TOTAL		2,878

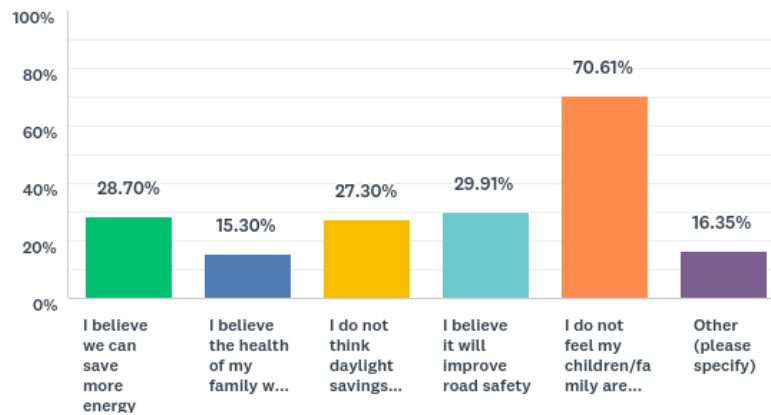
Q2 Why would you like the clocks to stop changing? (Please select all that apply)



ANSWER CHOICES	RESPONSES	
I do not believe saving energy will be an issue if we stop changing the clocks	38.09%	662
I believe the health of my children/family will improve	37.86%	658
I believe we will be able to avail of more leisure activities in the evening	61.51%	1,069
I believe it will improve road safety	31.47%	547
I feel my children/family are negatively impacted by the clocks changing	56.10%	975
Other (please specify)	7.83%	136
Total Respondents: 1,738		

This question was asked of all those who answered 'Yes' to Question 1, and in this question, they were given the possibility to click any or all of the options shown.

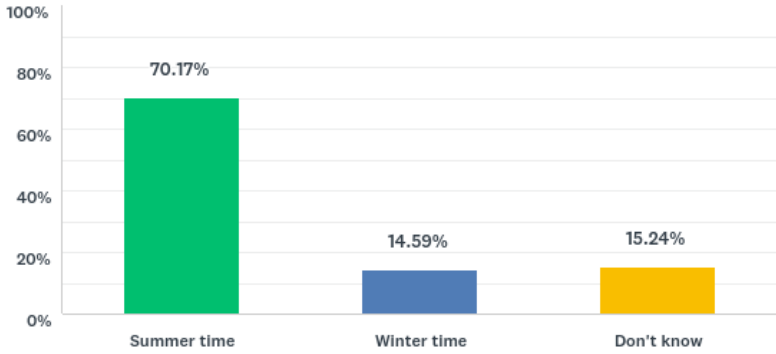
Q3 Why would you like the clocks to continue to change twice a year? (Please select all that apply)



ANSWER CHOICES	RESPONSES
I believe we can save more energy by keeping daylight savings	28.70% 165
I believe the health of my family will improve	15.30% 88
I do not think daylight savings impacts on access to leisure activities in the evening	27.30% 157
I believe it will improve road safety	29.91% 172
I do not feel my children/family are negatively impacted by the clocks changing	70.61% 406
Other (please specify)	16.35% 94
Total Respondents: 575	

This question was asked of all those who answered 'No' to Question 1, and in this question, they were given the possibility to click any or all of the options shown.

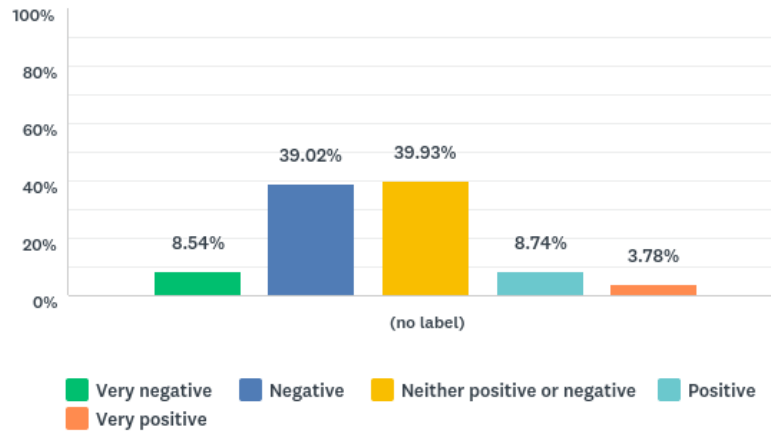
Q4 If the clock changes stop, do you want to remain on summer time or winter time? Please click here for further information



ANSWER CHOICES	RESPONSES	
Summer time	70.17%	1,708
Winter time	14.59%	355
Don't know	15.24%	371
TOTAL		2,434

This question was asked of all respondents.

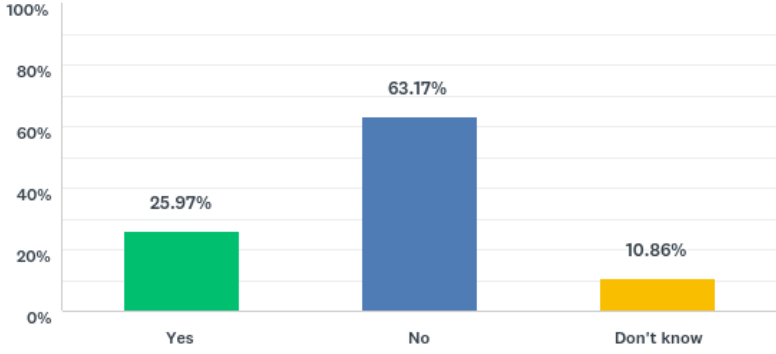
Q5 Thinking about your experience of the clocks changing during 2018, how would you rate your experience of the time changing?



	VERY NEGATIVE	NEGATIVE	NEITHER POSITIVE OR NEGATIVE	POSITIVE	VERY POSITIVE	TOTAL	WEIGHTED AVERAGE
(no label)	8.54% 208	39.02% 951	39.93% 973	8.74% 213	3.78% 92	2,437	2.60

This question was asked of all respondents.

Q6 Do you think that challenges may arise for you and your child/children if the clock changing leads to different time zones between Ireland and Northern Ireland?



ANSWER CHOICES	RESPONSES	
Yes	25.97%	634
No	63.17%	1,542
Don't know	10.86%	265
TOTAL		2,441

This question was asked of all respondents.

Appendix - Further comments and responses to questions 2, 3, 5 & 6

Q2 Why would you like the clocks to stop changing? Other (please specify)

#	OTHER (PLEASE SPECIFY)	DATE
1	Negative feelings when it turns to shorter and darker evenings	11/28/2018 11:01 PM
2	I'VE NEVER SEEN A BIT OF SENSE IN CHANGING TIME TWICE A YEAR	11/28/2018 3:43 PM
3	The reasons for changing the clocks are now outmoded and there is very little benefit for the amount of upheaval it creates to sleep patterns etc	11/27/2018 1:17 PM
4	not sure of the actual benefits of the event	11/27/2018 10:00 AM
5	I don't think there are any benefits in the modern era	11/22/2018 10:00 AM
6	Answers are based on clocks being left in summer time	11/22/2018 8:51 AM
7	It's a nuisance	11/21/2018 9:39 PM
8	I just feel it is unnecessary	11/20/2018 9:50 PM
9	Its a made up construct. We'll all be fine with one time.	11/20/2018 9:48 PM
10	These seem to assume we adopt summer time. I think we can adapt to the same activities at different times!	11/20/2018 8:11 PM
11	The sunrises very late in Ireland since it's more north than continent. It's awful and not natural to get up when it's still "night. My kids don't want to walk to school in the darkness - school starts 8.20. It's also dangerous for them to walk in the darkness with sleepy drivers around.	11/20/2018 3:35 PM
12	It is an inconvenience we don't need	11/20/2018 3:14 PM
13	I'm cycling to work every day. in the morning there is no problem people's care about me, but in the evening, even with my full Christmas tree lights suits, driver don't care about me and I feel in danger in the road, this is very dangerous. Please keep summer time for people's life.	11/20/2018 7:36 AM

14	Disturbs babies and children's routine	11/19/2018 8:18 PM
15	It's not a logical thing to do in the 21st century.	11/19/2018 7:35 PM
16	An unnecessary measure that adds nothing useful	11/19/2018 5:30 PM
17	international business and thus family scheduling is simpler	11/19/2018 4:03 PM
18	The winter time charge is super impacting, my kids keep on waking up at 5am after this change	11/19/2018 3:58 PM
19	It's a nuisance	11/19/2018 3:25 PM
20	More daylight hours improves mental well-being	11/19/2018 11:56 AM
21	Just no need for it any more on all the above accounts. We have street lights and a huge proportion of children are brought to school in cars, so no longer needed.	11/19/2018 10:44 AM
22	It is not saving energy anymore	11/19/2018 9:27 AM
23	In my view the negative consequences that result from changing the clocks outweigh any benefits.	11/18/2018 9:52 PM
24	My son has autism and it's very confusing for his routine	11/18/2018 4:22 PM
25	I dont like that it is dark before i finish work	11/18/2018 11:16 AM
26	Adjusting to clock change takes couple of weeks	11/17/2018 6:15 PM
27	Impractical	11/17/2018 12:20 PM
28	Completely disruptive to body clock induces daytime fatigue for up to two months affecting learning	11/17/2018 2:08 AM
29	Brighter evenings. No benefit in changing	11/16/2018 9:18 PM
30	It causes disruption to international meetings as time changes between here and the US are not aligned (for example).	11/16/2018 3:28 PM
31	Better sleep for everyone	11/16/2018 2:09 PM
32	It's dumb	11/16/2018 11:24 AM
33	The dark just adds to the wet and the cold to make it depressing and it makes it feel like the working day is shorter	11/15/2018 10:15 PM
34	Darker evenings are mentally draining	11/15/2018 9:24 PM
35	I find the darker winter evenings very draining	11/15/2018 9:22 PM
36	Makes the winter feel longer, darker earlier in the afternoons	11/15/2018 5:59 PM
37	I want them to change, spring forward and fall back.	11/15/2018 5:11 PM
38	I think it is better to let nature take its course	11/15/2018 2:13 PM
39	It's not natural	11/15/2018 12:51 PM
40	Why not? It is just a hassle.	11/15/2018 12:23 PM
41	It's an unnecessary inconvenience	11/15/2018 9:03 AM
42	It's an unnecessary inconvenience	11/15/2018 9:01 AM
43	It's difficult to get used to time change	11/15/2018 8:57 AM
44	There is at least a month where sleep is disturbed which affects behaviour, meals etc and causes general discord within the household related to bedtimes	11/15/2018 8:05 AM
45	The change over causes weeks of disruption in sleeping patterns for kids with extra needs	11/15/2018 7:42 AM
46	Would rather daylight for children going to school in winter rather than having brightness at 10 pm in the summer	11/14/2018 11:32 PM
47	Why not	11/14/2018 11:14 PM
48	All of the above. Fall back for Winter and leave it from there.	11/14/2018 11:03 PM
49	I can't believe it has any benefit anymore	11/14/2018 10:06 PM
50	What is the point changing time, we need to change dates for the weather perminate.	11/14/2018 10:02 PM
51	Work with EMEA European time zone	11/14/2018 10:01 PM
52	Confusing	11/14/2018 8:40 PM

53	Dark too early in winter	11/14/2018 8:24 PM
54	Won't be as dark in the evening	11/14/2018 7:40 PM
55	Nights are long enough	11/14/2018 6:29 PM
56	I'll be less tired	11/14/2018 6:03 PM
57	I don't believe it benefits anything therefore why bother!	11/14/2018 5:41 PM
58	Its not logical or practical	11/14/2018 4:50 PM
59	No longer really needed.	11/14/2018 4:50 PM
60	I believe it is unnecessary	11/14/2018 4:38 PM
61	I don't see any benefit to retaining the clock change.	11/14/2018 4:19 PM
62	My child has autism and it takes him about 7 weeks to adjust lots of sleepless nights and stress	11/14/2018 3:51 PM
63	Operating at the same time as Europe for business	11/14/2018 3:29 PM
64	change in daylight I.e improvement in light in an only last a couple of weeks. Inconvenience of change is main reason I would like change to stop. But do not have a strong opinion either way	11/14/2018 3:26 PM
65	Getting children's sleep patterns re-established after the change can be difficult	11/14/2018 3:09 PM
66	it's antiquated	11/14/2018 2:44 PM
67	Outdated	11/14/2018 2:39 PM
68	It's unnecessary	11/14/2018 2:38 PM
69	I don't think it makes any difference. Time is time. When it is the same all year around it is fine.	11/14/2018 2:25 PM
70	No apparent benefit in modern age	11/14/2018 2:06 PM
71	It's just more pleasant it getting dark slightly later!	11/14/2018 1:24 PM
72	We should be aligned to the rest of Europe.	11/14/2018 1:12 PM
73	Changing the clocks disturbs our biological clocks abruptly instead of the gradual seasonal changes that interferes with our biological clock more gradually.	11/14/2018 12:52 PM
74	I prefer longer evenings	11/14/2018 12:52 PM
75	I may be unusual though as I'd keep the winter hours and not change for the summer	11/14/2018 12:50 PM
76	I do not like the very dark winter evenings,nor do I understand the reason for the change of clocks, it seems pointless	11/14/2018 12:47 PM
77	It would provide a constant and no confusion	11/14/2018 12:31 PM
78	System was needed in days when life was very different	11/14/2018 12:30 PM
79	We don't see any benefit from it. At present we consider it complete nonsense.	11/14/2018 11:52 AM
80	I don't believe it has any positive value and its an inconvenience	11/14/2018 11:41 AM
81	stop confusion	11/14/2018 11:22 AM
82	Consider it's an obsolete move that has minimal positive benefits for a lot of inconvenience.	11/14/2018 11:22 AM
83	I believe the health of the nation will benefit from increase daily sunlight in the evenings including mental well beings	11/14/2018 11:16 AM
84	It's pointless	11/14/2018 10:54 AM
85	It's a big disruption in our family life as it takes the kids several weeks to readjust, particularly in the winter	11/14/2018 10:36 AM
86	It's too bright too early in the summer. I don't get adequate sleep.	11/14/2018 10:15 AM
87	it's just simpler	11/14/2018 10:15 AM
88	I believe there is no discernible benefit in the modern world to putting clocks back to winter time.	11/14/2018 10:14 AM
89	I can't see any benefit from it.	11/14/2018 10:14 AM
90	My child has sensory needs and the change in the hour has a very negative effect on him during the winter season. Every single year he is I'll at Christmas due to the business of the season and the lack of natural sunlight due to the change in the hour	11/14/2018 10:07 AM
91	Makes my and my family's inner clock confused for more then a week. We are always late or too early in work.	11/14/2018 10:05 AM

92	its annoying	11/14/2018 9:50 AM
93	Simpler and we never adjust automatically anyway when clocks change	11/14/2018 9:48 AM
94	Pm activities facilitated ++ especially physical activity which is VERY important. Dark afternoons and evenings = tv watching.	11/14/2018 9:48 AM
95	Feel we shouldn't interfere with the cycle of the seasons by changing the clocks	11/14/2018 9:45 AM
96	Changing clocks is an inconvenience in today's society. This is a old fashioned practice.	11/14/2018 9:42 AM
97	Significantly less kids walk to school today than in 1968	11/14/2018 9:36 AM
98	Shortens winter and lessens depression/suicide	11/14/2018 9:35 AM
99	The evidence points to it being unnecessary	11/14/2018 9:33 AM
100	It takes a few weeks for the kids clock to adjust to the new time	11/14/2018 9:15 AM
101	More convenient	11/14/2018 7:58 AM
102	I don't see the need for this change it is pointless	11/14/2018 5:27 AM
103	G	11/14/2018 12:50 AM
104	I don't think there's any benefit at all. It is still dark when we get up and dark when we get home. I believe it's a pointless exercise.	11/13/2018 11:17 PM
105	I don't see any benefit in changing clocks	11/13/2018 11:00 PM
106	I don't see any benefit in time changing	11/13/2018 10:59 PM
107	Weather is usually clearer in morning... want to make most of winter sun	11/13/2018 10:56 PM
108	My children are disoriented by the sudden change in lighting conditions and their sleep habits are disrupted	11/13/2018 10:16 PM
109	There is no value or benefit to it	11/13/2018 9:54 PM
110	Brighter afternoons are so important for kids	11/13/2018 9:38 PM
111	The clock in my wife's car will show the right time for 12 months instead of 6 @	11/13/2018 9:28 PM
112	ASD kids really suffer with this hour it can take weeks for them to adjust	11/13/2018 9:11 PM
113	Annoying having to change when really is there a need anymore	11/13/2018 9:05 PM
114	It's dumb	11/13/2018 8:59 PM
115	The darkness of the winter change greatly affects my children's moods, they need to be able to play longer outside.	11/13/2018 8:59 PM
116	Leave the clock on wintertime all year	11/13/2018 8:55 PM
117	I believe that it is a pointless outdated hassle that may have had a purpose, if any, when it was first introduced, but that it should have been stopped a long time ago.	11/13/2018 8:54 PM
118	Clocks going back one hour in October plunges us into winter too quickly. Negative for mental health.	11/13/2018 8:33 PM
119	I don't see the point in changing clocks twice a year.	11/13/2018 8:17 PM
120	I just think it's unnecessary	11/13/2018 8:07 PM
121	Stop messing with time.	11/13/2018 8:04 PM
122	I'm a parent of a child with autism the clock change has an enormous effect.	11/13/2018 7:30 PM
123	i believe everybody will benefit of it.	11/13/2018 7:09 PM
124	It upsets my 4 month old sleep routine along with my other 2 children and children need there sleep	11/13/2018 7:06 PM
125	Clock Chang has negative impact on sleep for considerable longer than a few days it can take weeks for reajustment	11/13/2018 6:57 PM
126	Children will be able to play outside after school safely and for longer	11/13/2018 6:51 PM
127	It's pointless putting clocks forward and back every year	11/13/2018 6:50 PM
128	Even my pets get confused	11/13/2018 6:49 PM
129	We will be more in tune with nature	11/13/2018 6:42 PM
130	We do not need to change the time twice a year	11/13/2018 6:41 PM

131	Its is simpler	11/13/2018 6:28 PM
132	My son with autism really struggles to adjust when the times change.	11/13/2018 6:15 PM
133	I find it difficult to get my children to adjust to the time changes in terms of bed time and waking	11/13/2018 6:12 PM
134	I find the dark evenings depressing	11/13/2018 6:12 PM
135	Its just annoying. Too much time spent thinking and talking about it	11/13/2018 6:06 PM
136	I believe it does not have an impact by changing the clocks so I say do not change	11/13/2018 5:55 PM

Q3 Why would you like the clocks to continue to change twice a year? Other

#	OTHER (PLEASE SPECIFY)	DATE
1	I like to get the benefit on the morning brightness in the summer	11/23/2018 12:09 PM
2	Road safety: I drove my kids to school today in the lashing rain. Visibility was very poor even with the hour change. I avoided a near accident when a child crossed in front of me. It would have been worse if it was darker.	11/21/2018 8:35 AM
3	My son has asd. He struggles with time and relies on daylight to remind him that it is morning and time for school. If the mornings are too dark he will struggle to get up in the morning and this will impact on his daily life in every way.	11/20/2018 11:40 PM
4	I love theong summer evenings	11/20/2018 3:11 PM
5	Do not to be dropping my children to school at 9.05 in the dark of December and January mornings. All because we stopped changing the clocks twice yearly. Not to mention that our primary school does not have boundary lighting where children exit cars to get school premises.	11/19/2018 11:07 PM
6	if other european countries keep changing the clock, we shouldn't stop doing it either	11/19/2018 11:05 PM
7	It will be dark leaving for school ... which would have a big impact on the start of their day ... it's already dark when we get up but it brightens by the time we leave ... if we didn't change the clocks it would be pitch dark leaving the house ...	11/19/2018 12:35 PM
8	We cannot be different to the North so no change please.	11/16/2018 5:09 PM
9	It will be light in the mornings	11/16/2018 1:54 PM
10	I think by the clcks changing twice a year our family gets maximum benefit for travel, leisure, road safety outdoor activity, sunlight, health and well being.	11/16/2018 11:39 AM
11	I prefer bright mornings. It's safer.	11/15/2018 8:10 PM

12	I prefer longer evenings in the summer	11/15/2018 6:00 PM
13	the mornings would be far too dark if hour did not go back	11/15/2018 3:53 PM
14	This is a northern hemisphere issue	11/15/2018 2:40 PM
15	Everyone looks forward to those long summer days when its bright until half 10 at night. It would be awful to have dark summer nights, the weather is good and people want to be out. Its cold in the winter so kids will be indoors anyway as hurling, gaelic and soccer matches and training finish for the winter.	11/15/2018 11:31 AM
16	Sleep is a fundamental pillar of good health. Getting up in the dark is not natural, and therefore harmful to health. This is doubly true for teenagers, who naturally tend towards late evenings/late mornings. Note this is not a value judgement on work ethic, it is proven biological science.	11/15/2018 10:48 AM
17	I do a lot of work in Northern Ireland, want to keep the time zones the same !	11/15/2018 10:47 AM
18	I believe eliminating daylight savings impact the access to leisure activities	11/15/2018 10:09 AM
19	brighter mornings for children	11/15/2018 9:46 AM
20	it's brighter in the morning when getting to school in Wintertime	11/15/2018 9:08 AM
21	I prefer children going to school and coming home in daylight	11/15/2018 7:03 AM
22	I dont want them to change	11/14/2018 11:38 PM
23	Mornings too dark if we dont	11/14/2018 10:47 PM
24	It's safer getting the kids to school in daylight	11/14/2018 9:53 PM
25	It will be too dark in the morning for children walking to school alone	11/14/2018 7:32 PM
26	Negative mental health effect	11/14/2018 7:27 PM
27	I think the change in more winter sunshine is beneficial for all	11/14/2018 7:03 PM
28	I want the clocks to change to one time a year	11/14/2018 6:12 PM
29	Historical	11/14/2018 5:57 PM
30	I am against to clock change as I believe it will impact road safety	11/14/2018 5:47 PM
31	It will be dark until close to 10am in the morning! Not very safe for children walking to school! Will not make a huge difference	11/14/2018 5:26 PM
32	I don't want the clock to continue to change twice a year	11/14/2018 5:18 PM
33	I leave the house at 7.30am to drop my daughter to creche and I don't want it to be pitch dark	11/14/2018 4:55 PM
34	I love the long summer evenings. Also it would be too light early in the morning and the children would wake too early.	11/14/2018 4:21 PM
35	It is in place for agri business which is a huge part of our economy - do we not need to consult with that industry?	11/14/2018 4:07 PM
36	Facilitate kids going to school in daylight in winter	11/14/2018 3:34 PM
37	N/A	11/14/2018 2:43 PM
38	We've been doing it all our lives, so why change it?	11/14/2018 2:28 PM
39	I believe the current situation with both Wintertime and Summertime works best as regards light in the morning which is an important consideration for road safety in morning commute to school or work	11/14/2018 2:15 PM
40	It help to ensure that the kids are self by not sending them down to school in the dark.	11/14/2018 1:48 PM
41	I love the dark evenings	11/14/2018 1:20 PM
42	I feel safer on the road with natural light in the morning. i can choose weither to go driving in the dark of night. i don't have a choice in the morning - drive kids to school and go to work.	11/14/2018 1:18 PM
43	I don't want the clocks to change twice a year	11/14/2018 12:47 PM
44	Long evenings in summer is good..	11/14/2018 12:09 PM
45	It gives you a lift to have a little more time in the morning/evening aligning to the sun. It's a good reminder that we are not above nature.	11/14/2018 12:05 PM
46	I would be worried for kids walking to school in the dark	11/14/2018 11:49 AM

47	It's a great feeling when the clocks go forward in March and it's great to get an extra hours sleep in October	11/14/2018 11:46 AM
48	I love the long summer evenings	11/14/2018 11:36 AM
49	I like the fact that its dark in the Autumn/Winter	11/14/2018 11:35 AM
50	I like having long summer evenings and not so dark winter mornings	11/14/2018 11:27 AM
51	getting up in daylight is eassier than gettibg up ib the dark our body clocks are programmed that way	11/14/2018 11:24 AM
52	I think daylight savings impacts positively on leisure activities in the evening (the standard being 'winter time' or Greenwich Mean Time). I feel the combination maximises daylight in the mornings. To me that is key, both in terms of ease of getting up and ready for school/work, and safety, as this is the one time that the great majority of road users are out at more or less the same time.	11/14/2018 10:39 AM
53	It think its natural change.	11/14/2018 10:32 AM
54	I don't believe the perceived "extra daylight" in the evenings would be long enough to offset longer darker mornings until circa 09:15 in the depths of winter and would be harder to come to terms with. Also, the darkest evenings are for just circa 14-16 weeks, by the end of January on current arrangements extra daylight becomes perceptibly longer at that stage.	11/14/2018 10:09 AM
55	Reduce the	11/14/2018 10:05 AM
56	i don't want my children to travel to school in the dark	11/14/2018 10:01 AM
57	Safety of all our kids in the morning. Driver safety and kids who walk	11/14/2018 10:00 AM
58	I don't want the current set up to end.	11/14/2018 9:58 AM
59	children walking to school in light	11/14/2018 9:45 AM
60	Been to Australia and much prefer our bright summer evenings and dark winter evenings	11/14/2018 9:39 AM
61	Sending children out to school in the dark during winter is not safe.	11/14/2018 9:25 AM
62	i prefer to have a little extra light in the morning	11/14/2018 9:23 AM
63	longer evenings in the summer will allow for my time with my kids outside	11/14/2018 9:16 AM
64	In summer time its easier with bedtimes	11/14/2018 9:00 AM
65	I would not like the clock change to stop	11/14/2018 8:17 AM
66	It matches available daylight to the timing of people's activities, especially travelling to school and work	11/14/2018 7:24 AM
67	Loosing one hour sleep is a big impact to my family.	11/14/2018 7:17 AM
68	I believe primary school children would be less safe in dark mornings	11/13/2018 11:38 PM
69	we get up early as do many people and i belive the brighter mornings are better than longer evenings	11/13/2018 11:27 PM
70	If NI don't change then we will have a country divided by time	11/13/2018 11:11 PM
71	my routine gets affected	11/13/2018 11:08 PM
72	To dark in the mornings in winter	11/13/2018 10:08 PM
73	I like that it makes bright evenings longer in spring	11/13/2018 9:12 PM
74	I really enjoy the long summer evenings and in the winter if the clocks were to stay on summer time then it would remain dark very late in the morning.	11/13/2018 8:32 PM
75	Makes the seasons feel different	11/13/2018 8:29 PM
76	Bright mornings when children are going to school	11/13/2018 8:28 PM
77	It's worked fine the way it has done for all previous years	11/13/2018 8:18 PM
78	bright when children are going to and from school	11/13/2018 8:17 PM
79	I think it is now a part of our tradition and culture and its something a little bit odd and an interesting talking point, maybe old fashioned but something we should hold onto	11/13/2018 7:58 PM
80	I like the longer summer evenings	11/13/2018 7:54 PM
81	It is easier to get up in the morning when it is bright	11/13/2018 7:36 PM
82	Safer for children if the mornings are brighter in the winter months when going to school.	11/13/2018 7:33 PM

83	Mornings are v dark in winter if clocks don't go back. Nice to have long evenings in summer when clocks go forward	11/13/2018 7:11 PM
84	Long, light summer evenings are fantastic and useable, whereas who would use light at 3am?! Also lighter mornings in the winter help us get out of bed on time, we really struggle until the clocks go back in October.	11/13/2018 7:00 PM
85	Mornings in Winter would be too dark for children heading to school especially for those who have to leave early to catch bused	11/13/2018 6:59 PM
86	Seems logical to have 2 times, at very little cost.	11/13/2018 6:46 PM
87	I remember the year in the late 60s or early 70s that the clocks didn't change for one year. I was little, yet remember feeling like I was getting up in the middle of the night to go to school, I remember it being very hard on my mother	11/13/2018 6:42 PM
88	I don't want my child going to school in the dark. As a working parents my child would be coming home in the dark regardless and I feel going to school and coming home in the dark would have a detrimental effect on health	11/13/2018 6:31 PM
89	Safer when going to school.	11/13/2018 6:26 PM
90	Used to the clock change. Would feel strange not to change now	11/13/2018 6:24 PM
91	Would hate to have to get up in the dark in winter	11/13/2018 6:14 PM
92	I worry about the impact on children walking/cycling to school in darkness in the morning.	11/13/2018 6:07 PM
93	no change	11/13/2018 5:58 PM
94	I want the clocks to change later in Autumn and earlier in Spring	11/13/2018 5:57 PM

Q5 Thinking about your experience of the clocks changing during 2018, how would you rate your experience of the time changing? Further Comments

#	ANY FURTHER COMMENT	DATE
1	changing to wintertime has a negative effect on mental wellbeing, i always look forward to the summertime clock hours.	11/29/2018 10:57 AM
2	hate when the clock goes back at the end of october as it's dark in the evening coming home and the kids don't get out	11/27/2018 9:28 PM
3	It creates upheaval with sleep patterns that take some time to readjust, also the winter change is a disaster for working parents as it's totally dark by the time everyone gets home in the evening in just a few short weeks. The mornings get very dark very quickly after the time changes in winter, there's no real benefit.	11/27/2018 1:22 PM
4	kids are out of sync for a few days but nothing significant	11/27/2018 12:24 PM
5	Disrupts sleep for myself and my children. Parks and local amenities are closed by 4:30 because of the darkness. It would be great to have an extra hour outside during the winter time.	11/22/2018 10:54 AM
6	I feel staying with summer time would give people a change to see more daylight and have a positive impact on mental health. Most people dislike the sudden change of one hour less of evening daylight and it causes depression in some people.	11/22/2018 9:16 AM
7	affects kids circadian rhythms	11/21/2018 11:48 PM
8	Mostly because we have a one year old in the house who took a few days to get back into a routine	11/21/2018 2:30 PM
9	My child has autism and after the clock changed was about 2 months before we could change the routine	11/20/2018 7:48 PM
10	It's depressing. The kids come home from school, do homework and it's dark. They feel the day is over. The only time they enjoy the dark is when Christmas lights go up in December.	11/20/2018 6:07 PM
11	So hard to get the kids used of it...waking and sleeping patterns take 2 weeks to get back on track....	11/20/2018 3:15 PM
12	I think it is depressing changing the clocks in October	11/20/2018 11:47 AM
13	A 2 day wonder with significant benefits in mid winter	11/20/2018 9:27 AM
14	didn't feel a thing	11/19/2018 11:06 PM

15	Less time with children to exercise or go for a walk safely. Brighters evenings would improve the mood of all in the family	11/19/2018 9:02 PM
16	It is dark in the mornings anyway but it would be nice to have longer day light in the evening.	11/19/2018 8:56 PM
17	i dread the lack of energy i feel in the evenings from november on	11/19/2018 7:23 PM
18	Mildly irritating but not enough to describe it as negative	11/19/2018 5:31 PM
19	Gets dark too early in the evening	11/19/2018 3:53 PM
20	It's dark in winter anyway, makes no difference whatsoever to changing clock	11/19/2018 12:18 PM
21	it throws everyone for a few days, especially kids and babies	11/19/2018 11:31 AM
22	Needs to stop changing	11/19/2018 11:23 AM
23	The main issue for me is that it gets darker earlier in the evenings. This impacts energy levels and time to play outside for our children.	11/19/2018 11:17 AM
24	It impacted my health this year	11/19/2018 10:40 AM
25	daylight really effected the road safety , i drives a lot, daylight do means a lot to driver	11/19/2018 10:29 AM
26	Affects badly sleeping patterns	11/19/2018 9:28 AM
27	For me the clock change has no direct impact on lifestyle but definitely affects road safety negatively	11/18/2018 8:49 PM
28	Strong global connection. Changes at different times	11/18/2018 8:10 AM
29	I like the clocks changing	11/17/2018 7:19 PM
30	Moving to Summer Time would be very bad as morning darkness would be prolonged annually & this has a negative mental health impact.	11/17/2018 4:12 PM
31	Only in October dies it really impact	11/17/2018 12:31 PM
32	Great to take long evening walks when bright	11/17/2018 12:17 PM
33	More tired since the Autumn change	11/17/2018 12:17 PM
34	Lighter mornings assist commute/journey to school	11/17/2018 11:56 AM
35	Leave the clocks alone please!	11/16/2018 9:21 PM
36	it has been a habit since birth, so no complaint. Something that cannot be controlled needs to be accepted.	11/16/2018 8:58 PM
37	Very negative effect on my children.	11/16/2018 7:58 PM
38	My baby is still not settled 2wks later	11/16/2018 3:34 PM
39	It is just a thing that is done. There's no benefit to it. The evenings are darker more quickly which is a drawback.	11/16/2018 3:30 PM
40	Not really sure how it will effect dont hear or see items about how darkness or brighter days, as in if we choose not to change clock times it will obviously change daylight hours so in what way is that impacted, examples of times would be a good start for the seasons would be good to know . Then you can make an informed choice	11/16/2018 2:20 PM
41	It's dark far too early in winter, there is no day to live in when you are working	11/16/2018 1:17 PM
42	Darker evenings does not suit either myself or my two kids (ages 12+18)	11/16/2018 12:08 PM
43	Takes me a full month to readjust, am exhausted in the evenings.	11/16/2018 11:52 AM
44	Not a big deal	11/16/2018 11:41 AM
45	Children do not get enough daylight hrs to play outside after school in winter	11/16/2018 12:28 AM
46	Winter change can be more detrimental to sleep patterns	11/15/2018 11:30 PM
47	I think it was just the weather and the darkness add to the evening being more difficult	11/15/2018 10:18 PM
48	Children have difficulty adjusting body clocks after hour change	11/15/2018 10:08 PM
49	The slightly brighter morning did not compensate for the darker evening!	11/15/2018 9:25 PM
50	It's very straightforward & I'm glad it's not dark till 9am in the mornings	11/15/2018 9:21 PM
51	Kids took at least two weeks to adjust and therefore woke too early every morning	11/15/2018 9:03 PM
52	hate the darkness	11/15/2018 8:59 PM

53	This survey does not explore the questions of safety, children walking to school in dark , sleep implications	11/15/2018 8:42 PM
54	It's brighter in mornings.	11/15/2018 8:11 PM
55	It take at least a week for the children to adjust and they have less time to play outside after school	11/15/2018 6:43 PM
56	Brighter morning means less chance of children being killed on road.	11/15/2018 6:31 PM
57	I like the extra hour but in Ireland, Winter nights are long and dark and the country has a v high suicide rate.	11/15/2018 6:06 PM
58	Unnecessary	11/15/2018 6:01 PM
59	This question has been going on for as long as I can remember, a child of the 60. What do they do in other countries and adopt that. Can this government make a decision and stop this conversion year in year out. Please.	11/15/2018 5:13 PM
60	Very hard with babies and small kids for routine	11/15/2018 4:18 PM
61	With Brexit would prefer to be on same time as Continetal Europe	11/15/2018 12:46 PM
62	We have such little daylight/sunshine in the west of ireland, we need to extend the length of time that kids can still play outside in the evening during the winter months	11/15/2018 12:25 PM
63	The adjustment is difficult as a family and the darkness setting in so early in the afternoon in winter makes the day seem very short and affects overall moods	11/15/2018 12:01 PM
64	The early onset of darkness with winter time reduces quality of life affecting mood, outdoor activities etc	11/15/2018 11:57 AM
65	We are all used to the clocks changing, there is no problem with it, no hardship at all. It would be terrible to lose those lovely long summer evenings, it's what people look forward to, it gets people out walking after work, huge health benefits for the entire population.	11/15/2018 11:42 AM
66	Slightly negative	11/15/2018 9:57 AM
67	My kids find it harder to get up in the mornings for the first two weeks during changes.	11/15/2018 9:39 AM
68	It is difficult when children are small as their body clocks still mean they dont adjust to the new times.	11/15/2018 8:19 AM
69	Babies don't care!!!	11/15/2018 8:09 AM
70	Brighter in morning	11/15/2018 8:07 AM
71	The change cause a 'jet lag' type feeling	11/15/2018 7:44 AM
72	My work is in the evenings as a field surveyor and it makes it nearly impossible to function properly.	11/15/2018 7:34 AM
73	Hard to get children in a routine when the clocks change	11/14/2018 11:24 PM
74	I have 2 children with autism & routine is extremely important for them. They are also poor sleepers. It's very hard to stay on track with them when the clock changes	11/14/2018 11:18 PM
75	I did not even noticed	11/14/2018 11:15 PM
76	Children get confused by this	11/14/2018 10:28 PM
77	As I work nights the times going back did not benefit me in any way. If anything i was just more tired.	11/14/2018 10:22 PM
78	Winter change harder due to longer evenings	11/14/2018 10:03 PM
79	Affected my children's sleep routine, and mine then because of them. And I'm a childminder too so it had an affect on established routines.	11/14/2018 9:39 PM
80	Waste of time. Relic of bygone era	11/14/2018 9:38 PM
81	Which clock change? First one is positive	11/14/2018 9:28 PM
82	It takes me and my family few weeks to adjust to the new time after each change.	11/14/2018 9:23 PM
83	1. With a very young child in the house sleep patterns were hugely disrupted 2. Even when the weather is okay for them to be outside the early darkness falling creates a huge safety issue so the children have been more likely to end up watching tv.	11/14/2018 9:03 PM
84	Dark too early in the evening	11/14/2018 8:40 PM

85	Difficult when you have small children to get them to adjust their sleep patterns to the new time change. It also ends any outdoor family activities after work/dinner which has a negative impact on health	11/14/2018 8:34 PM
86	Children waking earlier and they are not getting out enough after school	11/14/2018 8:30 PM
87	Throws children's sleep patterns	11/14/2018 8:26 PM
88	Brighter mornings.	11/14/2018 7:50 PM
89	Even though it was back by hour but it took a few days for the sleep pattern to go to normal	11/14/2018 7:40 PM
90	I have never seen a benefit to the clock change and it just doesn't work with kids and bedtime routines! It's not worth the bother of changing	11/14/2018 7:38 PM
91	THE CHILDREN FIND IT HARD TO READJUST	11/14/2018 6:47 PM
92	I hate this chnage. And I hate behind 2 hours behind the sun. It has to remain at what is now winter time all year.	11/14/2018 6:05 PM
93	family routine	11/14/2018 5:58 PM
94	It is not easy to change family routine.	11/14/2018 5:56 PM
95	I find it takes the children a couple of weeks to adjust to the change even if its just an hour.	11/14/2018 5:48 PM
96	My child was very confused thinking I had not pick him up on time	11/14/2018 5:45 PM
97	Break in routine, with little practical benefit	11/14/2018 5:07 PM
98	Clocks going back in Autumn is the worst - it takes about 1 month for sleep patterns to settle so we have 4:30am starts and there's no need for this change!	11/14/2018 4:34 PM
99	Impact on children's waking and bedtimes	11/14/2018 4:28 PM
100	Interupts our children's routine.	11/14/2018 3:57 PM
101	It is very difficult to adjust adults sleeping times never mind childrens!	11/14/2018 3:56 PM
102	I think there are more important issues....!!!	11/14/2018 3:55 PM
103	When it gets dark so early in the afternoon it tends to puts everyone in a bad mood. It's also dark while we are walking home from after school sports and safe is a concern for my children crossing the road.	11/14/2018 3:42 PM
104	Hate the dark evenings	11/14/2018 3:41 PM
105	one cancels out the other	11/14/2018 3:40 PM
106	Hate the dark evenings	11/14/2018 3:37 PM
107	Disrupts sleep for my kids for more than a week	11/14/2018 3:36 PM
108	Hard to adapt to the quick darkness of the evenings	11/14/2018 3:32 PM
109	Have small children who can't adjust to he change.	11/14/2018 3:31 PM
110	Kids took weeks to adjust	11/14/2018 3:23 PM
111	difficult re-established sleep patterns, driving in dusk with children playing, and having to re-set clocks, alarms and timers	11/14/2018 3:16 PM
112	Changing all the clocks in the house, car etc is annoying.	11/14/2018 3:13 PM
113	It is dark too early. Small children with activities etc in the evening	11/14/2018 3:06 PM
114	While driving to and from work west to east and then east to west directions, the sun can cause visual impairment which is replicated when the clocks change	11/14/2018 2:51 PM
115	I hate the long dark evenings. Difficult/ impossible to get outdoors for air and exercise especially living in the country side	11/14/2018 2:46 PM
116	Can be confusing and forgetting can cause problems	11/14/2018 2:37 PM
117	Positive in spring very negative in autumn	11/14/2018 2:22 PM
118	Kids can't adjust to hour and my daughter takes medication every 12 hours so the change affects her	11/14/2018 2:10 PM
119	My daughter gets very effected by SAD	11/14/2018 2:00 PM
120	Most family members felt very tired in the week after the change	11/14/2018 1:38 PM
121	But it does feel very dark now - I would prefer it to have not changed.	11/14/2018 1:26 PM

122	It has no impact on any aspect of my life	11/14/2018 1:16 PM
123	short evenings. Rushing to get things done before dark	11/14/2018 1:09 PM
124	It takes everyone a few days to adjust and there is no upside that i can see	11/14/2018 12:58 PM
125	It always takes at least a week for the children to get used to the changes. Especially going to bed an hour later, takes readjustment.	11/14/2018 12:54 PM
126	Daughter has still not adjusted and waking at 6am rather than 7am.	11/14/2018 12:54 PM
127	Felt tired	11/14/2018 12:49 PM
128	It plays havoc with young babies and children	11/14/2018 12:47 PM
129	Fear that crime may increase in morning and more accidents in morning??	11/14/2018 12:45 PM
130	Definitely my children's started waking very early at change of clocks this wintertime	11/14/2018 12:37 PM
131	Tired	11/14/2018 12:23 PM
132	Hour less in bed	11/14/2018 12:21 PM
133	Very unsettling on the natural body clock and very disruptive to sleeping patterns	11/14/2018 12:17 PM
134	my baby is already a very bad sleeper. it was very stressful to her and us trying to get her adjusted to the new times.	11/14/2018 12:14 PM
135	We have children that are early risers, with Daylight saving they are awake and ready to go before 5am	11/14/2018 11:53 AM
136	It causes unnecessary disruption and confusion.	11/14/2018 11:53 AM
137	10 days later and my body is still trying to adjust to the new time and we as a family are much more tired since the change.	11/14/2018 11:52 AM
138	very little sunlight seen when we move into Winter time	11/14/2018 11:46 AM
139	dark too early	11/14/2018 11:46 AM
140	If clock changes result in us losing long summer evenings, I am definitely against the proposal. Otherwise, I don't mind either way.	11/14/2018 11:45 AM
141	took our baby a long time to adjust to new times resulting in very early wake ups	11/14/2018 11:44 AM
142	Very sudden loss of evening light going from summer to winter this year	11/14/2018 11:30 AM
143	The children struggled with the time change as it affected their sleep patterns but otherwise it was ok	11/14/2018 11:27 AM
144	i work with asia so makes the job much harder with the extra hour difference	11/14/2018 11:24 AM
145	Had an extra hour sleep in	11/14/2018 11:24 AM
146	Clocks go back days are short and dark earlier	11/14/2018 11:24 AM
147	we've found that the later evenings make it harder to part take in activities. Also driving home from work is impacted by the late dark evenings	11/14/2018 11:17 AM
148	My children find the hour difficult to adjust to their sleeping routine	11/14/2018 11:16 AM
149	in winter change	11/14/2018 11:13 AM
150	Children's routines are upturned and takes up to two weeks to settle back in	11/14/2018 11:11 AM
151	IN the october time change it is hard to adapt to be dark so early	11/14/2018 11:08 AM
152	We really enjoyed the long evenings in the summer.	11/14/2018 10:55 AM
153	longer dark evenings, kids cant go out to play/ fresh air, after a long day in the classroom.	11/14/2018 10:54 AM
154	The dark evenings restrict kids playing outside	11/14/2018 10:44 AM
155	Takes the children ages to readjust, and with the shorter evenings we get very little leisure time together outside of the summer.	11/14/2018 10:39 AM
156	no.	11/14/2018 10:33 AM
157	Always look forward to long evenings in summer & cosy evenings in winter	11/14/2018 10:31 AM
158	Months spent in "winter time" should be reduced to 6 weeks either side of December 21st	11/14/2018 10:18 AM

159	The clock change in October has an almost immediate impact on evening commutes from work. It take a few weeks for commuters to adjust their behaviors and practices to 'settle back down'. It is during this period that vulnerable road users, pedestrians and cyclists, feel most vulnerable.	11/14/2018 10:16 AM
160	Kids will be out longer in the evenings than in the mornings and benefit from the extra daylight in the evenings	11/14/2018 10:16 AM
161	Changing bedtime for autistic child is difficult, confusing and time consuming.	11/14/2018 10:15 AM
162	hate the short evenings	11/14/2018 10:11 AM
163	The longer we can have light in the evening the better	11/14/2018 10:09 AM
164	We are really confused and depressed from really early darkness in the evening.	11/14/2018 10:09 AM
165	sometimes hard to adapt small kids and babies	11/14/2018 10:05 AM
166	My children cycle to school, staying on summer time would pose challenges in getting them to school	11/14/2018 10:02 AM
167	Long evenings can be very depressing	11/14/2018 9:59 AM
168	Children and babies do not adapt easily.	11/14/2018 9:48 AM
169	dark when collecting children at 5:30-- would be must better if working parents had some daylight time to do activities with children	11/14/2018 9:48 AM
170	Seriously we're use to it, it's always been that way. Yeh u lose an hour sleep but not the end of the world	11/14/2018 9:40 AM
171	More daylight is better for my mental health	11/14/2018 9:39 AM
172	I have a child with ASD, his body does not adjust to the clock changes like everyone else.	11/14/2018 9:20 AM
173	doesn't have a huge effect on our lives	11/14/2018 9:06 AM
174	As a parent of a child with autism who doesnt sleep more than 5 hours a night the winter time change can help a lot with bedtime routine and getting him to stay in bed even when awake because of the darkness	11/14/2018 8:21 AM
175	You get over it in a day or two	11/14/2018 7:24 AM
176	I work night duty and have had extra hours to work last couple of years	11/14/2018 7:10 AM
177	It took two weeks for the children to adjust	11/14/2018 6:46 AM
178	Routine is very important to one of my children. I also suffer chronic fatigue and would struggle with the time change on my system.	11/14/2018 1:03 AM
179	I worked night duty so it was an extra hour of unpaid work	11/13/2018 11:58 PM
180	If you are a weekend worker it is a nightmare losing a precious hour of sleep. My whole family dreads the weekend the clocks go forward and winter is so dangerous as we are pedestrians and live on a busy road.	11/13/2018 11:46 PM
181	the mornings are much colder than the evenings and it helped my children get up for school when the mornings were brighter. most football pitches are flood lit now so it does not affect evening activities	11/13/2018 11:29 PM
182	sleeping issues for our children & us + some members of the family also happened to get ill around the time of the clock change.	11/13/2018 11:19 PM
183	Much safer going to school in mornings when it is clear	11/13/2018 11:16 PM
184	Bedtime for kids too late in August	11/13/2018 10:58 PM
185	I love that one day of the year where you CAN actually have one extra hour in bed. Usually after an exhausting few months of back to school, work, activities, training, etc etc	11/13/2018 10:46 PM
186	Long summer days	11/13/2018 10:43 PM
187	Takes the children a few days to adjust	11/13/2018 10:41 PM
188	Positive for extra hour in spring, negative for autumn clock change	11/13/2018 10:41 PM
189	You just have to go with it, because its happening either way. Like the extra hour in the autumn, hate the hour less in spring.	11/13/2018 10:35 PM
190	Early dark evenings has a very negative effect and my children talk about hating November	11/13/2018 10:15 PM
191	I get tired and down when clocks go back in October	11/13/2018 10:11 PM

192	It's so depressing at 4.30pm it's getting dark and unsafe for both children and adults to participate in outdoor activities	11/13/2018 9:55 PM
193	It is much easier to wake up in winter time when it is getting brighter already. On the other hand, having the sunrise an hour later over summer time helps better sleep in the morning.	11/13/2018 9:40 PM
194	Brighter mornings help children get to school safer and brighter mornings help people get up earlier.	11/13/2018 9:37 PM
195	Can't do anything outdoors with kids when I get home from work	11/13/2018 9:29 PM
196	SAD syndrome really effects people in my house	11/13/2018 9:20 PM
197	I have grown up with the clock changing so just get on with it.	11/13/2018 9:11 PM
198	all my kids were up at 6!!! instead of 7..a mother's nightmare.	11/13/2018 9:08 PM
199	Anyone who feels an impact is either a farmer, surf instructor or snowflaker	11/13/2018 9:01 PM
200	Summer is positive and Winter is negative	11/13/2018 9:00 PM
201	It's very annoying having to change the clocks.	11/13/2018 8:59 PM
202	Stay on wintertime	11/13/2018 8:58 PM
203	Cant go for a walk in the eve	11/13/2018 8:56 PM
204	I dislike daylight saving time. It disrupts our sleep.	11/13/2018 8:39 PM
205	that short window for a walk, fresh air in the evening was gone.	11/13/2018 8:36 PM
206	Takes my children about a week to adjust	11/13/2018 8:35 PM
207	Difficult for children & babies to adapt	11/13/2018 8:35 PM
208	Hate the change to winter time - dark in morning dark early no time for children to play safely outside anymore. Just having a few more weeks with evading light would make so much difference	11/13/2018 8:31 PM
209	It is too dark early in the evenings	11/13/2018 8:28 PM
210	More light in the morning	11/13/2018 8:27 PM
211	It's different for everyone. Elderly don't like it. Young people are easily confused	11/13/2018 8:20 PM
212	A strong dislike of the dark evenings, children are barely home from school and I have to switch on the lights.	11/13/2018 8:07 PM
213	Makes me feel tired	11/13/2018 8:01 PM
214	It adds one hour to the time difference with my home country	11/13/2018 7:51 PM
215	It takes us a few days to adjust to summertime but we have no problems with wintertime	11/13/2018 7:47 PM
216	Messes with bed time and body clocks	11/13/2018 7:43 PM
217	Absolutely exhausted with the winter change. When my children were smaller the clock change had a massive effect. This year they really noticed the difference.	11/13/2018 7:37 PM
218	Doesn't take too long to adjust. Though driving into morning sun is prolonged as I drive east in the morning.	11/13/2018 7:30 PM
219	It always takes more than a week to adjust internally and then suffer until next time change	11/13/2018 7:26 PM
220	A middle answer won't give good results	11/13/2018 7:23 PM
221	Gets dark too early and very difficult to settle children into new sleep routine	11/13/2018 7:22 PM
222	Clocks changing to Winter time accelerates the oncoming, dark, shorter evenings and causes a shift in people's behaviour. Its as if Winter suddenly arrives overnight.	11/13/2018 7:16 PM
223	Brighter mornings in winter. Longer evening in summer	11/13/2018 7:13 PM
224	Changing clocks causes necessary trouble for pearents, hospitals and animalsand so on.	11/13/2018 7:12 PM
225	See previous comments about enjoying long summer evenings and struggling to get up in dark mornings until the clocks go back in October.	11/13/2018 7:11 PM
226	The children have very little time for PE and outdoor play at break time and already we have reduced/very little time to play outside after school and homework. Bad for all of us mentally and for everyone physically - it's not helping Ireland's obesity problem	11/13/2018 7:02 PM
227	It is very depressing going into the winter time with the evening so dark at such an early time	11/13/2018 7:00 PM

228	Impacts on sleep	11/13/2018 6:58 PM
229	Children are going to school in the dark & by the time they are finished homework it's dark again for them.	11/13/2018 6:58 PM
230	Dark evening stop walks and playing outside after school	11/13/2018 6:57 PM
231	There are definately less children playing outside so the darker evenings effect them socially	11/13/2018 6:53 PM
232	Positive when they went forward in March. Negative when they went back in october.	11/13/2018 6:52 PM
233	I believe it will improve family quality time outside of work/school life	11/13/2018 6:48 PM
234	Tiredness, Need more light in inter	11/13/2018 6:45 PM
235	It affects my mood, negatively if days seem shorter	11/13/2018 6:45 PM
236	I hate the long nights and the winter time hour change just makes the nights even longer	11/13/2018 6:43 PM
237	It disturbs everyone sleep for weeks. We go to school/ work in the dark and come home in the dark	11/13/2018 6:33 PM
238	hate the wintertime change- dark at 5 pm	11/13/2018 6:30 PM
239	My children wake up at 7ish in summertime. They are now waking up at 6ish in wintertime....!!!!	11/13/2018 6:24 PM
240	Less motivated to do activities in evenings	11/13/2018 6:19 PM
241	It is very difficult to change the routine of my 3 children twice a year. I end up losing sleep as they adjust.	11/13/2018 6:15 PM
242	I have a child with special needs and she relies heavily on routine and this is always a huge disturbance for her to adapt to.	11/13/2018 6:12 PM
243	Messes up routines wake up times, bed times. Working on both old time and new time for first couple of days.	11/13/2018 6:10 PM
244	The mornings would be much too dark in the winter without the change in clocks	11/13/2018 6:10 PM
245	Sleeping has always been an issue for both my children on the autism spectrum and twice a year when the clocks change it take a them about a month to adjust even though we usually adjust their bedtime routine 2 weeks before the change in preparation for it. That's 12 weeks a year we spend trying to get our children to have a good proper sleep so they are rested for school and to have a productive day and that's not even mention the other impacts we have especially in winter when the days are darker.	11/13/2018 6:09 PM
246	My 4 year old is still not used to the time change nearly 3 weeks later	11/13/2018 6:05 PM
247	Different when you have v small kids who wake v early...	11/13/2018 6:04 PM
248	It takes a lot out the children, when they are just settling into a new routine going back into school after the summer.	11/13/2018 6:02 PM
249	It affects my children's sleep and there's a knock on effect at school	11/13/2018 5:59 PM
250	Do not like the autumnal clock change at all.	11/13/2018 5:57 PM
251	My sleep is affected as is my children's sleep.	11/13/2018 5:54 PM
252	We've had no issues at all	11/13/2018 5:53 PM
253	I lived in Italy for 10 years ...it's dark at 8:30 pm in the summer time. We don't have the fab weather in summer but at least we get long evenings. Very much against changing the current situation.	11/13/2018 5:52 PM

Q6 Do you think that challenges may arise for you and your child/children if the clock changing leads to different time zones between Ireland and Northern Ireland? Please explain

#	PLEASE EXPLAIN	DATE
1	im sure some business sectors will be affected but its only one hour and i feel there are more positives than negatives.	11/29/2018 10:57 AM
2	My kids and I won't be worrying about the time in another part of IRELAND when we get up for school or work in the morning	11/28/2018 11:06 PM
3	Not at present due to their age, maybe when they go to college	11/28/2018 9:17 PM
4	We live about 3 miles from the border with Northern Ireland	11/28/2018 3:37 PM
5	times zones across the world make sense due to position of the sun, but different time zones in the same country and bordering countries is ridiculous and does nothing to foster acceptance and peace between what is already a tumultuous country	11/28/2018 10:37 AM
6	This would be a difficult scenario to have and would have a negative impact on doing business cross border.	11/27/2018 1:22 PM
7	Have family in N Ireland	11/24/2018 11:23 PM
8	It is hard when bedtime is at one time and you have to change , either by keeping them up or putting them earlier	11/22/2018 8:27 PM
9	No impact. No related	11/22/2018 12:41 PM
10	Nothing that cannot be overcome. Many Irish organisations have daily travel and correspondence with main land Europe who are 1 hour ahead of us. Look at how it works between Portugal and Spain.	11/22/2018 9:16 AM
11	We travel to NI a lot during the year and have family there	11/21/2018 2:40 PM
12	It would not have any affect on my family	11/21/2018 2:30 PM
13	Northern Irish time zone being different is not relevant to me/my family	11/21/2018 12:26 AM
14	Mainland Europe have a different time zone so I can't see a problem with a difference to any other country. We need to do what's right for us. Britain will have kept imperial and we are metric we all get along just fine.	11/19/2018 11:12 PM

15	The challenges would be from a business point.	11/19/2018 8:56 PM
16	They may follow our lead. Also Spain and Portugal have different policies on daylight savings	11/19/2018 8:50 PM
17	It would be a nuisance especially for those living at the border.	11/19/2018 5:55 PM
18	No personal links with NI	11/19/2018 5:31 PM
19	The whole island would have to be on the same time - otherwise unworkable	11/19/2018 5:04 PM
20	Our cousins live in Belfast	11/19/2018 4:59 PM
21	planning to attend events in NI	11/19/2018 4:04 PM
22	From work perspective, far harder to constantly have to be mindful of a different time-zone, especially with a land-border	11/19/2018 3:49 PM
23	I have relatives in Northern Ireland and I don't want to have to change my watch when I cross the border. Also some tv program start times might be out of sink	11/19/2018 3:38 PM
24	Outside activities will be affected	11/19/2018 3:34 PM
25	That is silly	11/19/2018 1:07 PM
26	depends on how Brexit plays out	11/19/2018 11:36 AM
27	Family in NI . Would be a minor issue though	11/19/2018 10:48 AM
28	its involve geographic, economic, politics means more perspects to learn about why clock changed its a good thing ; if everything is as simple as 1,2,3and no 0.5 in between it wont be unique	11/19/2018 10:29 AM
29	Don't visit N Ireland	11/19/2018 10:18 AM
30	My daughter spends alternate weekends with her father, who lives in Northern Ireland. When spending time with him, she would be moving into a different time zone and it could disrupt her sleep patterns.	11/18/2018 9:54 PM
31	Ireland and europe need to be consistent in the decision	11/18/2018 8:49 PM
32	Attending family events	11/17/2018 6:15 PM
33	Not for my family but for those in the border areas - yes.	11/17/2018 4:12 PM
34	I'm only in favor of this if UK follows suit	11/17/2018 2:16 PM
35	To have a country of our small size operating two different time zones for 6 months of every year seems absolutely ludicrous and can only create hassle and confusion.	11/17/2018 1:19 PM
36	Northern Ireland has no impact on my life	11/17/2018 12:31 PM
37	No personal nor professional relationship with the North of Ireland	11/17/2018 12:17 PM
38	We travel to donegal via the north so it would be difficult changing back and forth	11/17/2018 12:02 PM
39	it might be very confusing, similar to spain/portugal...	11/16/2018 8:58 PM
40	We live in Northern Ireland and one parent works in the ROI. so this will not work.	11/16/2018 5:11 PM
41	My day to day live never interacts with northern Ireland	11/16/2018 3:34 PM
42	Ideally you want the island to be on the same timezone.	11/16/2018 3:30 PM
43	may impact traffic such as ferry arrivals and deliveries to shops and business with resulting negative knock on to Dublin region traffic, just at a guess	11/16/2018 3:02 PM
44	i live in southern ireland but work in northern ireland	11/16/2018 2:28 PM
45	I imagine , that would be very difficult for people living around border counties.	11/16/2018 2:20 PM
46	I think it's a bit silly, it's 5 o clock here but it's 6 o clock 10 minutes down the road....it's ridiculous they should just leave it alone and maybe concentrate on things that really matter	11/16/2018 2:12 PM
47	Will affect my business. Not my family.	11/16/2018 2:04 PM
48	I am Scottish, so a time difference with the UK would be an issue	11/16/2018 1:55 PM
49	It will be like going to mainland Europe where clocks are an hour ahead	11/16/2018 1:43 PM
50	It would be inconvenient but not challenging	11/16/2018 1:17 PM
51	We rarely visit NI	11/16/2018 12:22 PM
52	Childrens tv programmes on bbc will be too late latr	11/16/2018 12:02 AM

53	Probably not since we don't go to Northern Ireland but it would be silly to be different	11/15/2018 11:30 PM
54	Living in a border county we frequently travel to northern Ireland for team sports and shopping	11/15/2018 9:38 PM
55	This would be a crazy situation	11/15/2018 9:09 PM
56	Our children's grandparents and aunts and uncles live in northern Ireland	11/15/2018 9:03 PM
57	I live in the west of Ireland which is many miles from the border.	11/15/2018 9:02 PM
58	It's still dark at 8.30 pm. There's a greater need for light in morning as opposed to evenings.	11/15/2018 8:11 PM
59	As a parent working with a cross border business there will be many difficulties with different times. As a family with relatives in Fermanagh, different times zones will completely disrupt normal social interactions for the children and confuse visits.	11/15/2018 6:31 PM
60	Has no effect on our daily lives	11/15/2018 6:01 PM
61	No as not near border however if I did then I would say it would lead to problems	11/15/2018 4:32 PM
62	dark going and coming from school in winter	11/15/2018 1:50 PM
63	It seems silly to be a different time to Northern Ireland but it wouldn't affect me personally	11/15/2018 11:59 AM
64	A time difference on the island would be difficult on many levels	11/15/2018 11:57 AM
65	We live in Dublin. Also Ireland can't be expected to follow the UK just because the population there is huge compared to ours. A lot of businesses will probably lobby to have Irish and UK time aligned but this would only be in their own financial interests, not in the interests of the health of society.	11/15/2018 11:42 AM
66	We are separate states in many ways this change will not make much difference .	11/15/2018 11:18 AM
67	I travel there at least once a week	11/15/2018 10:47 AM
68	I don't think we travel there often enough for that to impact us.	11/15/2018 9:47 AM
69	We don't travel very often.	11/15/2018 9:39 AM
70	we dont live near the border	11/15/2018 9:09 AM
71	We have family in the North and visit often	11/15/2018 8:10 AM
72	No relations or business there	11/15/2018 6:04 AM
73	We live in a border area where many people cross in both directions to work or school. It would be ridiculous to change time zones each time.	11/14/2018 11:44 PM
74	Because it would be ridiculous	11/14/2018 11:13 PM
75	Difficulty with travel times	11/14/2018 10:47 PM
76	It's time, it's very easy to learn.	11/14/2018 10:22 PM
77	Would not be productive to have 2 time zones on Ireland if do best to stick to GMT for whole island	11/14/2018 10:03 PM
78	We don't live near the north so would not be affected much	11/14/2018 10:03 PM
79	Travel a lot to NI and the rest of the UK for work and to visit family.	11/14/2018 9:45 PM
80	Far from it. Britain should do what it wants. We should align with EU	11/14/2018 9:38 PM
81	No connections with Northern Ireland	11/14/2018 9:17 PM
82	it would be ridiculous	11/14/2018 9:06 PM
83	For me yes because I work for an organisation with headquarters in Belfast however I've seen similar scenarios managed in NSW in Australia	11/14/2018 8:34 PM
84	I live in Co. Waterford. However, for people whose lifestyle involves commuting across the border/working with businesses across the border, I'm sure this would raise difficulties.	11/14/2018 7:20 PM
85	We don't travel to the north very often.	11/14/2018 7:04 PM
86	Work colleagues in Northern Ireland	11/14/2018 6:39 PM
87	That would be funny...and unlikely	11/14/2018 6:05 PM
88	For deliveries coming from North. ..	11/14/2018 6:03 PM
89	We have relations up north if visiting it might be confusing.	11/14/2018 5:48 PM
90	Chaos...	11/14/2018 5:48 PM

91	Telephoning and visiting friends and family just 30 mins away but having to adjust our clocks would be detrimental, we'd literally lose track of time!	11/14/2018 5:37 PM
92	Don't travel much to the North	11/14/2018 5:18 PM
93	I travel north weekly, only feasible if on same time zone	11/14/2018 5:15 PM
94	They should be the same time zone .	11/14/2018 5:15 PM
95	As we are in the GMT zone how could NI and the ROI be different??	11/14/2018 4:59 PM
96	We don't live in the border areas and border towns between Portugal and Spain manage perfectly with this difference.	11/14/2018 4:34 PM
97	It would be terrible as we cross the border frequently to visit family.	11/14/2018 4:22 PM
98	Northern Irelands time zone would have no impact on me or my family whatsoever	11/14/2018 3:56 PM
99	Complete confusion for my children	11/14/2018 3:53 PM
100	I work partly in Dublin and partly in Belfast!	11/14/2018 3:39 PM
101	Would only like change in current system if UK do too	11/14/2018 3:27 PM
102	Not for my child specifically but it could be an issue in terms of scheduling if a parents job interacts with Northern Ireland or UK and hence may impact ability to drop off or pick up kids	11/14/2018 3:26 PM
103	We have family in Belfast	11/14/2018 3:17 PM
104	If Northern Ireland wishes to stop this practice, it's their choice, this should not impact on the Republic of Ireland choice to stop changing the clocks.	11/14/2018 3:16 PM
105	If travelling to NI it would be preferred to be in the same time zone.	11/14/2018 3:13 PM
106	Needs to align with uk and Europe. Will be problem with work as US still change the clocks	11/14/2018 3:11 PM
107	My family live in Belfast, this would be a major issue	11/14/2018 2:57 PM
108	I've no dealings with the North, so would not affect me, if i visit it would be little affect and my mobile phone would automatically change the times	11/14/2018 2:51 PM
109	slightly inconvenient to change at the border with country on same meridian	11/14/2018 2:45 PM
110	Better sleep patterns, improve health and quality of life	11/14/2018 2:36 PM
111	Britain should use common sense and follow the EU as regards any change in Wintertime and Summertime	11/14/2018 2:17 PM
112	At work, I deal with companies from Northern Ireland. Being in different time zones would present challenges.	11/14/2018 2:16 PM
113	Not so much Northern Ireland but UK yes. I would want both countries to do the same.	11/14/2018 1:26 PM
114	i don't live in the area and have only been in the North once in all my years.	11/14/2018 1:20 PM
115	It's a small island with 2 time zones, rather confusing.	11/14/2018 1:16 PM
116	My in laws all live in Armagh so I feel it would be ridiculous since we tell are kids were all one country and no one is different	11/14/2018 1:13 PM
117	Family in the North	11/14/2018 12:58 PM
118	Would have a more positive psychological effect	11/14/2018 12:49 PM
119	We rarely travel to NI	11/14/2018 12:37 PM
120	NI is easily accessible so with clock changes all business and education timetables would have an impact on trades and tangible experiences between states	11/14/2018 12:33 PM
121	Children with autism	11/14/2018 12:21 PM
122	I do, but I don't think Ireland should be held random to UK Brexit decision. we are in the EU.	11/14/2018 12:14 PM
123	Totally daft on this small island to have 2 time zones.....	11/14/2018 12:06 PM
124	It would certainly break any form of continuity between the sides	11/14/2018 11:55 AM
125	getting them up in the dark may be difficult	11/14/2018 11:53 AM
126	Time changes between different time zones is never an issue as generally you are holidays when you are travelling between two different time zones and therefore in no rush to get up early or go to bed later etc.	11/14/2018 11:52 AM
127	Live less than 1km from border	11/14/2018 11:52 AM

128	Would have to be the same for while like island	11/14/2018 11:48 AM
129	The benefits of staying on summer time would outweigh any negatives	11/14/2018 11:42 AM
130	Its the one small Island - different time zones for it is simply ridiculous.	11/14/2018 11:40 AM
131	It would be totally idiotic to have two different time zones in Ireland.	11/14/2018 11:34 AM
132	The difficulty of scheduling appointments, matches, social occssions	11/14/2018 11:27 AM
133	I drive between both areas	11/14/2018 11:13 AM
134	Doing Business becomes a little more difficult but not impossible	11/14/2018 10:52 AM
135	I export to Northern Ireland and this disparity would cause problems with business opening and closing times, thus effecting deliveries	11/14/2018 10:42 AM
136	We are at such a distance that in practice this is unlikely to every create issues (recurrent ones, anyway)	11/14/2018 10:41 AM
137	We already operate in a timezone aware world.	11/14/2018 10:38 AM
138	However on a practical level I think this would be a retrograde step, e.g. business closing times	11/14/2018 10:29 AM
139	I believe this would be an issue closer to the border, but should be seamless based on our geography	11/14/2018 10:29 AM
140	We travel to the north quite a bit, so there we would need to factor that into the plans	11/14/2018 10:24 AM
141	Relatives in the north and visit	11/14/2018 10:20 AM
142	We rarely travel there.	11/14/2018 10:15 AM
143	I don't think it will cause that a big difference.	11/14/2018 10:09 AM
144	My family is from northern ireland and we visit nearly every weekend. How do you also explain that an 1 6 drive up the road has an hrs time difference.	11/14/2018 10:02 AM
145	It's just a time change between two different zones	11/14/2018 10:02 AM
146	To a limited extent when travelling to NI but we dont travel as frequently as we used to	11/14/2018 9:50 AM
147	Totally unrealistic when visiting border counties	11/14/2018 9:48 AM
148	I do not travel to nor do business with anyone in Northern Ireland	11/14/2018 9:44 AM
149	We share the same land mass but so do many European countries and it doesn't effect trade	11/14/2018 9:39 AM
150	I have family there and think it would be very impractical	11/14/2018 9:36 AM
151	Same small island with a time difference madness	11/14/2018 9:35 AM
152	I dont see how different time zones should effect anybody in Ireland any more than it effects any other countrys with multiple timezones. Maybe some adjustment will be needed but nothing too severe	11/14/2018 9:33 AM
153	It would be ridiculous to have people 2 mins away from each other on different time zones. This would play havoc with people's lives in border areas	11/14/2018 9:27 AM
154	we only visit occasionally - times tv shows are on could be confusing though	11/14/2018 9:17 AM
155	In Australia NSW and Queensland have different times due to the clocks changing and it really only effects those in close proximity to the border	11/14/2018 9:17 AM
156	We don't often go to Northern Ireland	11/14/2018 8:11 AM
157	Wouldn't effect me directly but don't think would make sense to have different time zone	11/14/2018 7:10 AM
158	Yes, my entire extended family live in Northern Ireland and England, we live beside the border and cross regularly	11/14/2018 6:47 AM
159	Live 30 mins from the border so would make things confusing I'd say at times	11/14/2018 3:56 AM
160	Hoping one day that Ireland would be "one island" again and that would be more difficult with a difference in time zone, would just be creating another border but through time rather than physical.	11/14/2018 1:03 AM
161	Work/Businesses will be affected only	11/14/2018 1:02 AM
162	We would have to consider impact on our younger children when travelling to the North to visit relatives	11/14/2018 12:20 AM
163	We are the one island....it will only promote segregation..	11/13/2018 11:58 PM

164	It's extremely silly to have Ireland and Northern Ireland of different time zones, we are a small country we don't need different time zones.	11/13/2018 11:51 PM
165	the disadvantages of clock changes for non 9-5 working families outweigh the possible time zone issue. It is an antiquated and silly idea.also it makes the winter months so depressing, 4.30 and its dark, not good for children.they end up stuck indoors.	11/13/2018 11:46 PM
166	i have a child looking at studying in belfast next year	11/13/2018 11:29 PM
167	A lot of people live in one jurisdiction and commute to the other. They should remain the same.	11/13/2018 11:21 PM
168	We live close to the border and regularly cross it to avail of services there that are not available locally in the Republic eg. swimming	11/13/2018 11:16 PM
169	One hour makes no difference between adjoining countries. Anyone can add or subtract 1 in their head, even if you are on the border what possible difference could it make to your life if someone nearby has their clock one hour behind for 5 months? Too much is made of a time zone difference. People just get used to factoring it in and get on with their lives.	11/13/2018 10:58 PM
170	Family in northern Ireland and close proximity to the border would be challenging	11/13/2018 10:58 PM
171	On a tiny island like this, there could only be one time zone.	11/13/2018 10:57 PM
172	We don't have much contact or involvement in N.I. at present.	11/13/2018 10:46 PM
173	One island	11/13/2018 10:43 PM
174	As we live close to the boarder it would not make any sense as we are a small island	11/13/2018 10:37 PM
175	Could be an issue for Frontier/Cross Border working parents, for childcare issues, in border counties especially.	11/13/2018 10:35 PM
176	Family in Northern Ireland	11/13/2018 10:08 PM
177	Nothing that can't be easily overcome.	11/13/2018 10:08 PM
178	Live close to border	11/13/2018 10:02 PM
179	We are used to contacting people in other timezones, an hour difference is minor.	11/13/2018 9:42 PM
180	We live close to the border and often go to Northern Ireland. Different time zones would cause some inconvenience.	11/13/2018 9:40 PM
181	A lot of people work cross border which I am one and may make things difficult for me	11/13/2018 9:36 PM
182	We are close to the border, crossing several times monthly	11/13/2018 9:25 PM
183	2 time zones on the island for six months of the year would be awkward for cross border trade, and for people who work or study in one jurisdiction but live in the other jurisdiction.	11/13/2018 9:12 PM
184	I haven't considered the potential impact and would like to hear more debate and discussion before forming an opinion on this. I guess most parents would feel the same. I hope the DOJ will provide such if they want considered views!	11/13/2018 9:11 PM
185	We live in Dublin & rarely visit Northern Irl.	11/13/2018 9:11 PM
186	Family in both countries	11/13/2018 9:06 PM
187	We've never had trouble telling time in the past	11/13/2018 9:01 PM
188	It would be annoying for everyone, keep the same time in both countries.	11/13/2018 8:58 PM
189	Don't fix what's not broken	11/13/2018 8:42 PM
190	To close to northern Ireland to have different timezone for contact with schools business sport etc	11/13/2018 8:39 PM
191	We can manage the time difference with other countries so NI should not be any different.	11/13/2018 8:36 PM
192	I live in ROI and work in NI so ur would affect me greatly. I believe that Ireland and the UK should be on the same page re this issue.	11/13/2018 8:32 PM
193	Family in the north	11/13/2018 8:29 PM
194	Very confusing close to the border. Hard to work in one time zone and live/shop in another	11/13/2018 8:28 PM
195	People in Donegal close to border. Ridiculous. Work out the bus times.	11/13/2018 8:20 PM
196	Not relevant	11/13/2018 8:13 PM
197	Practical interaction issues and cross border trade.	11/13/2018 8:06 PM
198	No challenges, but it seems ridiculous to be on the same small island and in different time zones	11/13/2018 8:02 PM

199	Different time zones on the same island is just stupid. Can't believe it would even be considered a possibility.	11/13/2018 7:58 PM
200	It might if you have close contact with UK	11/13/2018 7:47 PM
201	Madness. Different time zones should be length waves now split in half	11/13/2018 7:43 PM
202	We do not need any more division or inconsistencies between Ireland and Northern Ireland	11/13/2018 7:40 PM
203	Only live 35mins from NI, therefore it would be an inconvenience to have hour difference.	11/13/2018 7:39 PM
204	It will just be like travelling to another country in Europe. Will get used to it.	11/13/2018 7:37 PM
205	We don't live close to the border so it would have no impact on us. However it would be very difficult for those living close to the border.	11/13/2018 7:30 PM
206	We live in a border county	11/13/2018 7:02 PM
207	My family live in Northern Ireland	11/13/2018 7:00 PM
208	Why would it	11/13/2018 7:00 PM
209	I work in antrim 2 days a month so it will be confusing for a while during those periods	11/13/2018 6:53 PM
210	Have family and friends living up there so it would seem ridiculous, it's the same Island	11/13/2018 6:52 PM
211	I guess only if I was visiting the north	11/13/2018 6:45 PM
212	There are time differences across states in the US and Australia, we will manage	11/13/2018 6:30 PM
213	Would be odd dealing with a time difference in UK	11/13/2018 6:25 PM
214	We have family in Northern Ireland & it would cause confusion	11/13/2018 6:23 PM
215	Being in the exact same longitude but having different times is just confusing.	11/13/2018 6:16 PM
216	Hard to know but seems crazy for kids on the border though other countries probably deal ok with this	11/13/2018 6:11 PM
217	We are not traveling there very often so ...	11/13/2018 6:08 PM
218	Not at all	11/13/2018 6:05 PM
219	It makes no difference to our family.	11/13/2018 6:04 PM
220	It would reinforce our separation / border, which would be unfortunate	11/13/2018 5:55 PM
221	We have family in northern Ireland that we visit regularly and this would get very annoying	11/13/2018 5:53 PM
222	I'm not directly affected but would imagine very much so	11/13/2018 5:52 PM
223	It's the same country land wise	11/13/2018 5:49 PM



NEWRY CHAMBER
OF COMMERCE & TRADE

Consultation on Seasonal Clock Changes

Dear sirs,

Thank you for inviting Newry Chamber of Commerce and Trade to comment on proposed EU changes to Seasonal Clock changes.

The Newry Chamber represents some 200 businesses employing 1000s of people in the Greater Newry area. With the impending departure of the UK from the EU at the end of March 2019, the Chamber would be against implementation of any policies which would lead to a greater divergence between the North and South of Ireland.

The border region is an integrated zone in terms of economic, social and community life. Any variation in the time would have a detrimental impact on life and businesses in the border area. Our businesses employ workers from both sides of the border and we do business on both sides of the border.

A very simple example is the morning school run, which often dictates the time when people start work. If there is a variation of this time North and South, this will generate workload pressures for employers and a significant inconvenience for employees

Although global businesses work across different time zones, many of our businesses are small and would find this as an added inconvenience and an extra cost to cross border trading.

Newry is also at the heart of the north south transport network, with the Enterprise service passing through the city and an hourly bus service to Dublin. Again, any divergence in time will create significant difficulties for transport scheduling and confusion for customers.

In summary the Chamber would be against any variation in the time zone between Northern Ireland and Ireland because of the disruptive impact it would have on business and community life.

Yours sincerely

Colm Shannon

Newry Chamber of Commerce & Trade

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