

Fall Time Change and Its Impact on Student Energy, Motivation, and Well-being

Dominican student health services

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At Dominican University of California, the fall transition to standard time can lead to noticeable effects on students' energy levels and motivation. The shift in time leads to earlier sunsets and a disruption of sleep patterns, often leaving college students feeling more lethargic and less focused. According to research from *Sleep Medicine Reviews*, the change can interfere with students' sleep patterns, leading to an increased feeling of fatigue during the day. As the body adjusts to the new time, students may struggle to stay awake in class, making it harder to concentrate on lectures, complete assignments, and maintain off campus involvement. In addition, the shorter daylight hours can impact students' mood and overall well-being, contributing to a lack of motivation. At Dominican University of California, this seasonal shift may create struggles for students who are already managing academics.

Source: Sleep Medicine Reviews, "The Impact of Daylight Saving Time on Sleep and Mood: A Review of Current Literature," 2021.