

Ty Ankrom's Here's What I Think ...

At my age (no jokes, please), you'd think that the time change wouldn't be a big deal. It's just an hour, right? I've gained and lost an hour twice a year for, well, many years.



kids were sleepier during the day for up to three weeks after the time change.

The authors recommended that no tests be given immediately after the time change, or even for several weeks after (www.latimes.com/health/la-he-day-light-savings-20140308-story.html).

But I am definitely guided by the sun, or lack thereof, and when it gets dark, I'm ready for bed. (This can be a hardship when it gets dark at 5:30 p.m. and I'm in a meeting.)

Imagine, then, how our young people must feel. Every expert says the key is for parents to gradually adjust a child's day and sleep schedule the week leading up to the time change but how realistic is that?

Unfortunately, while we're struggling with the lost hour, we're also dealing with students who are moving sluggishly themselves.

In fact, a 2009 article in the journal *Sleep Medicine* found that



And that extra hour of daylight we get comes at a price for students who are going to bus stops in the dark. As drivers, we need to remember that and look out for them on and near the roads.

But if there's a bright spot to the time change, it means that spring is really close. If the time change isn't an indicator, then March Madness is.

I love the college basketball tournament.

While my two teams – the Ohio Bobcats and Ohio State Buckeyes – didn't get an invite to the dance, that won't keep me away from watching as many games as possible.

I'm not the only one.

The annual report by Challenger, Gray & Christmas, the global outplacement firm, projects that 50.5 million of the 252.6 million employed Americans will be taking part in an office



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pool. Between filling out brackets and watching games during the workday, the company anticipates lost productivity for employers of \$1.3 billion.

While educators may not be able to take part, some companies are choosing to embrace – or at least overlook – employees' March Madness as it builds goodwill.

And in that spirit I say ... Go, team!

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