Sunset Time and the Economic Effects of Social Jetlag. Evidence from US Time Zone Borders

March 13, 2017

FBK-IRVAPP organizes a seminar with Fabrizio Mazzonna (Università della Svizzera Italiana) next March, 23 2017

This study uses a spatial regression discontinuity design to identify the effects of the misalignment between social and biological time resulting from the conflict between social constructs such as time zones and work schedules and the timing of natural light, which affects our physiological processes. Exploiting the discontinuity in the timing of natural light at a time-zone boundary, we find that an extra hour of natural light in the evening reduces sleep duration by an average of 19 minutes and increases the likelihood of reporting insufficient sleep. Natural light affects individual bedtime, but social schedules are not responsive to social schedules. Using data drawn from multiple sources, we find that the timing of natural light has significant effects on health outcomes (e.g., obesity, diabetes, cardiovascular diseases, and pregnancy outcomes), and annual income. We provide an estimate of the productivity losses associated with these effects.

Title
Sunset Time and the Economic Effects of Social Jetlag. Evidence from US Time Zone Borders
??**Speaker**
Fabrizio Mazzonna
Università della Svizzera Italiana
Data
?Giovedì 23? marzo 2017, ?ore ?17:00

Luogo
FBK-IRVAPP
Vicolo Dallapiccola 12, 38122 Trento
https://goo.gl/jyHpWN

Lingua
?il seminario sarà in lingua inglese

Contatti
FBK-IRVAPP
M

ue.kbf(ta)ppavri.aireterges
T +39 0461 314242 | +39 0461 312288
W http://irvapp.fbk.eu/it

PERMALINK

https://magazine.fbk.eu/en/news/sunset-time-and-the-economic-effects-of-social-jetlag-evidence-from-us-time-zone-borders/

TAGS

- #evaluation of Public Policies
- #irvapp
- #publicpolicyevaluation
- #ricerca

AUTHORS

- Marzia Lucianer