

I would like standard time year round, we adjust a little each day to the world around us, and its natural, then we get hit with a one hour change in one day twice a year.

I would compare it slightly to exposure to the sun, you stay inside for days then go outside on a sunny day and get sunburned.

It takes awhile to adapt.

If you live in standard time you can adapt a little every day without the need for recovery.