

REFERENCIAS

- Araújo, I., Nunes, L. J., Vilas, D. P., & Curado, A. (2025). The impact of daylight saving time on the energy efficiency of buildings: A bibliometric and general review. *Energies*, 18, 2088. <https://doi.org/10.3390/en18082088>
- Barnes, C. M., & Wagner, D. T. (2006). Changing to daylight saving time cuts into sleep and increases workplace injuries. *Journal of Applied Psychology*, 91(5), 1305–1317. <https://doi.org/10.1037/0021-9010.91.5.1305>
- Debysers, A., & Pape, M. (2020). *Discontinuing seasonal changes of time*. European Parliamentary Research Service. <https://epthinktank.eu/2020/10/22/what-measures-has-the-european-union-taken-on-seasonal-clock-changes/>
- Ekmekcioglu, C., Kundi, M., & Hutter, H.P. (2019). Let the morning sunshine in. *The Lancet*, 394 (10211), 1518. [https://doi.org/10.1016/S0140-6736\(19\)32173-7](https://doi.org/10.1016/S0140-6736(19)32173-7)
- European Parliament (2019). *European Parliament Legislative Resolution of 26 March 2019 on the Proposal for a Directive of the European Parliament and of the Council Discontinuing Seasonal Changes of Time and Repealing Directive 2000/84/EC*. European Parliament-Press Release (2019). Disponible en: <http://www.europarl.europa.eu/sides/getDoc.do?pubRef=-//EP//NONSGML+TA+P8-TA-2019-0225+0+DOC+PDF+V0//EN>
- European Parliament. (2026). Directive discontinuing seasonal changes of time. In “A new plan for Europe's sustainable prosperity and competitiveness”. Legislative Train Schedule. Disponible en: <https://www.europarl.europa.eu/legislative-train/theme-union-of-democratic-change/file-discontinuing-seasonal-changes-of-time>
- Föh, B., Schröder, T., Oster, H., Derer, S., & Sina, C. (2019). Daylight saving time and health: An overview of the evidence. *Frontiers in Medicine*, 6, 103. <https://doi.org/10.3389/fmed.2019.00103>
- Gupta, C. (2024). [Multidisciplinary chrono-approaches in psychology](#). *Nature Reviews Psychology*, 1-1.
- Instituto de Investigación Biosanitaria de Granada (ibs.GRANADA). (2023). *El cambio horario es un factor de riesgo para la salud y el bienestar*. <https://www.ibsgranada.es>
- Infocop. (2024). *Cambio de hora y bienestar psicológico: evidencia científica*. <https://www.infocop.es/cambio-de-hora-y-bienestar-psicologico-evidencia-cientifica/>
- Neumann, J. (2024). What time will it be? A comprehensive literature review on clock changes and well-being. *Time & Society*. <https://doi.org/10.1177/0961463X241310562>
- Rishi, M. A., Ahmed, O., Barrantes Perez, J. H., Berneking, M., Dombrowsky, J., Flynn-Evans, E. E., Santiago, V., Sullivan, S. S., Upender, R., Yuen, K., Abbasi-Feinberg, F., Aurora, R. N., Carden, K. A., Kirsch, D. B., Kristo, D. A., Malhotra, R. K., Martin, J.

L., Olson, E. J., Ramar, K., Rosen, C. L., Rowley, J. A., Shelgikar, A. V., & Gurubhagavatula, I. (2020). Daylight saving time: An American Academy of Sleep Medicine position statement. *Journal of Clinical Sleep Medicine*, 16(10), 1781-1784. <https://doi.org/10.5664/jcsm.8780>

Time Use Initiative. (2023). *Permanent time zones in the European Union*. <https://timeuse.barcelona/what-we-do/permanent-time-zones-eu/>

Time Use Laboratory. (2024). Permanent time zones in the EU. Barcelona: EU Time Use Initiative.

Universidad de Granada. (2023). *Los principales cronobiólogos del mundo advierten de los riesgos para la salud que provoca el cambio de horario en otoño y primavera*. <https://canal.ugr.es>

Viroli, C. (2023). *Changing the clock: Effects on health*. Università Vita-Salute San Raffaele. <https://blog.univr.it/en/changing-the-clock-effects-health>