
**SOCIAL JETLAG- AN EXHAUSTING CONDITION IN 21ST CENTURY –
A CONCEPTUAL FRAMEWORK**

Rashmi Pandey**

*PhD Scholar,

Department of Extension & Communication SNTD Women's University,

Juhu Campus, Mumbai, INDIA

Email id: rashmi@iassw-aiets.org

DOI: 10.5958/2249-7137.2024.00011.3

ABSTRACT

Our lives are regulated by three types of clocks: the social clock, which schedules our interactions with others (local time); the biological clock, which manages our body's functions (circadian time); and the solar clock, which dictates natural light and darkness. When these clocks are out of sync, our risk of developing certain diseases increases. The term 'social jetlag' measures the disparity between local time and circadian time.

KEYWORDS: *Social Jetlag, Exhausting, disparity, anticipation.*

BIBLIOGRAPHY

- Inokawa, H.; Umemura, Y.; Shimba, A.; Kawakami, E.; Koike, N.; Tsuchiya, Y.; Ohashi, M.; Minami, Y.; Cui, G.; Asahi, T.; et al. Chronic circadian misalignment accelerates immune senescence and abbreviates lifespan in mice. *Sci. Rep.* 2020, 10, 2569.
- Vetter, C. Circadian disruption: What do we actually mean? *Eur. J. Neurosci.* 2020, 51, 531–550.
- Kantermann T, Juda M, Meroow M, Roenneberg T. The human circadian clock's seasonal adjustment is disrupted by daylight saving time. *Curr Biol.* 2007 Nov 20;17(22):1996-2000. doi: 10.1016/j.cub.2007.10.025. Epub 2007 Oct 25. PMID: 17964164.
- Eisenstein, M. Chronobiology: Stepping out of time. *Nature* **2013**, 497, S10–S12.
- Baron, K.G.; Reid, K.J. Circadian misalignment and health. *Int. Rev. Psychiatry* **2014**, 26, 139–154.
- Sletten, T.L.; Cappuccio, F.P.; Davidson, A.J.; Van Cauter, E.; Rajaratnam, S.M.W.; Scheer, F.A.J.L. Health consequences of circadian disruption. *Sleep* 2020, 43, zsz194.
- Roenneberg, T., Wirz-Justice, A., Meroow, M. (2003b). Life between clocks—daily temporal patterns of human chronotypes. *J. Biol. Rhythms* 18:80–90.
- Roenneberg, T., Kuehnle, T., Pramstaller, P.P., Ricken, J., Havel, M., Guth, A., Meroow, M. (2004). A marker for the end of adolescence. *Curr. Biol.* 14:R1038–R1039.
- Roenneberg, T.; Meroow, M. The circadian clock and human health. *Curr. Biol.* 2016, 26, R432–R443.

- Kronfeld-Schor, N.; Visser, M.E.; Salis, L.; van Gils, J.A. Chronobiology of interspecific interactions in a changing world. *Philos.*
- *Trans. R. Soc. Lond. Ser. B Biol. Sci.* 2017, 372, 20160248. [CrossRef] [PubMed]
- Tranah, G.J.; Blackwell, T.; Stone, K.L.; Ancoli-Israel, S.; Paudel, M.L.; Ensrud, K.E.; Cauley, J.A.; Redline, S.; Hillier, T.A.; Cummings, S.R.; et al. Circadian activity rhythms and risk of incident dementia and mild cognitive impairment in older women. *Ann. Neurol.* 2011, 70, 722–732.
- Wittmann, Marc & Dinich, Jenny & Merrow, Martha & Roenneberg, Till. (2006). Social Jetlag: Misalignment of Biological and Social Time. *Chronobiology international.* 23. 497-509. 10.1080/07420520500545979.
- <https://www.childrensmercy.org/parent-ish/2019/08/what-the-heck-is-social-jet-lag-and-why-its-harmful-to-your-teen/>
- Watson NF, Badr MS, Belenky G, Bliwise DL, Buxton OM, Buysse D, Dinges DF, Gangwisch J, Grandner MA, Kushida C, Malhotra RK, Martin JL, Patel SR, Quan SF, Tasali E. Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. *SLEEP* 2015;38(6):843–844.
- Erbini, G. (2017). *Conflicted clocks: social jetlag, entrainment and the role of chronotype: From physiology to academic performance; from students to working adults.* University of Groningen.