

# IS DAYLIGHT SAVING A WASTE OF TIME?

*THIS ACTIVITY SHOULD TAKE ABOUT 90 MINUTES. IF LEARNERS ARE ABLE TO REVIEW MEDIA PRIOR TO THE LESSON, ACTIVITY TIME SHOULD BE 45 TO 60 MINUTES.*

## INVESTIGATE

Read, watch, and listen to the three media resources on the Thinkalong module. Learners can use the Investigate graphic organizer to summarize each piece of media and record new information. Below are summaries of the three pieces of media curated in the Thinkalong module.

### FIXING DAYLIGHT SAVING TIME IS THIS EASY

It's Okay To Be Smart | march 10, 2020 | Video  
13:00 minutes

Dr. Joe Hanson takes an honest look at daylight saving and asks if the supposed advantages still hold up.

- During WWI, Germany shifted their clocks forward to save energy and aid the war effort. As a result, Great Britain followed suit to combat Germany's advantage.
- The U.S. instituted daylight saving after industry and labor both lobbied for the time change, and in 1966, President Lyndon Johnson signed daylight saving into law.
- While modern technology - like more efficient light bulbs and new energy-using devices like air conditioners and computers - has made the initial advantages of daylight saving outdated, in places where daylight saving has an effect it's economically advantageous. It also helps economic growth and gives people more time for recreation.
- Shifting the clocks does have an effect on humans' circadian rhythms, which leads to more traffic accidents, workplace injuries, lost productivity, and declines in quality of life. Scientists argue to stay on standard time to preserve our natural biological clocks and circadian rhythms and balance our social clocks.
- One proposed solution is permanent daylight saving, but federal law requires a change to make it legal. Some states have already tried to adopt permanent daylight saving time but are prevented from doing so by law.

### HOW DAYLIGHT SAVING CHANGES MORE THAN CLOCKS

Here & Now | November 6, 2018 | Audio  
3:47 minutes

Here & Now discusses the biological effects of changing the clocks for daylight saving.

- Eric Herzog, a biologist at Washington University and President of the Society for Research on Biological Rhythms, says the effects of daylight saving are very noticeable. In spring, we feel the loss of an hour of sleep and in fall we can feel that extra hour snuggled under the covers. But he also says a one-hour change can have health effects.
- Humans' internal clock, also known as the Circadian Clock, has evolved to match the schedule of daylight. Herzog says that when we mess with that clock by changing the time (like when we have jet lag) it can cause depression and other negative health consequences. He says that the larger the time shift, the harder it is to adjust.
- Herzog says that when daylight saving ends in fall, nothing in the environment changes except the clock, and we feel the effects for about a day. But when we spring ahead and lose an hour, the effects of the time change last about three days and Herzog found an increase in heart attacks and car accidents.
- During daylight saving, according to Herzog, we're more sleep deprived than when we're on standard time.

## DAYLIGHT SAVING TIME ENDS, BUT THE DEBATES IT INSPIRES APPEAR ENDLESS

NPR | November 4, 2017 | Article

450 words

A story from NPR's The Two-Way that explores the pros and cons of daylight saving time

- Hawaii and Arizona, as well as many of the U.S. Territories, don't follow daylight saving time.
- Adopted in the early 20<sup>th</sup> century, daylight saving was adopted to decrease energy use and keep people outside. But some studies have shown that energy usage actually increased, mostly because we're now awake during the hottest part of the day and energy is used for air conditioning.
- Research suggests that daylight saving time hurts our sleep cycles and health
- When daylight saving is adopted in the summer, TV ratings go down because people are less inclined to stay inside and watch shows if it's light out later.
- A special commission in Massachusetts looked into if the state should switch to year-long daylight saving and found that if all of the Northeast region joined in it would be beneficial. Other options, like changing daylight saving to colder months to make winter daylight longer, might help combat health effects like seasonal affective disorder.

### KEY WORDS

Look out for these important keywords in the news stories. Discuss the definitions with your learners and see how they affect the understanding of the story.

- Daylight saving and standard time
- Circadian rhythm

### CONTEMPLATE

Learners will use media literacy questions to critically engage with news by thinking about its purpose, searching for bias and discussing missing perspectives. They will answer the 5 Key Questions of Media Literacy created by the Center for Media Literacy, which are:

1. Who created this message?
2. What creative techniques are used to attract my attention?
3. How might different people understand this message differently than me?
4. What values, lifestyles and points of view are represented in, or omitted from, this message?
5. Why is this message being sent?

A graphic organizer is included in this guide and the Thinkalong website to help learners answer these five questions about each piece of media.

### DEBATE

Use the debate tool on the module webpage to help form evidence-based responses to the debate question.

Thinkalong is designed to help learners engage with real issues that are relevant to their lives. [Structured discussions](#) allow learners to practice their critical thinking skills through evidence-based debate with their peers. Discussions are designed to take about 30 minutes. Educators are encouraged to modify aspects that work best for their learners.

To encourage civil discourse, please review the [Code of Conduct](#) with your learners.

*Using public media — video, audio and digital reports — about newsworthy topics, these classroom-based exercises help learners to think critically about media messages, develop informed opinions, and practice how to take a stand.*