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and new energy-using devices like air conditioners and computers - has made the initial advantages of daylight saving outdated, in places where daylight saving has an effect it’s economically advantageous.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.
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.