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| 1. Mark your confusion by identifying anything you don’t understand. 2. Show evidence of a close reading (questions, connections, predictions, reactions, summarizing, clarifying, challenging, etc.). 3. Write a 1-page response that includes an introduction with thesis/claim, body paragraph with supporting reasons, body paragraph dealing with a counterclaim, and a conclusion.  * What do you think Utah should do about Daylight Saving Time? Explain. |

**Daylight Saving Time Wastes Energy**

Excerpted from Matthew Kochen, *New York Times,* March 6, 2014

If you ask someone why we have daylight saving time, the most likely answer you’ll hear is that we change the clocks to help farmers. But daylight saving time has nothing to do with agriculture, except that farmers have historically opposed it, preferring morning sunlight to darkness when, say, milking the cows.

The annual time changes are about energy conservation. That is why daylight saving time exists in the United States and dozens of other countries, affecting more than 1.6 billion people worldwide. The argument, dating back to Benjamin Franklin and others before him, is that changing the clocks — with a spring forward and fall back — will decrease energy consumption because more sunlight in the evenings will reduce the need for artificial illumination.

But does this actually save energy? Recent studies suggest it has the opposite effect. One study that I worked on took place in Indiana, where daylight saving time was first instituted statewide in 2006. We found that the time change increased residential electricity consumption by 1 percent overall, with monthly increases as high as 4 percent in the late summer and early fall. The consequence for Indiana has been higher electricity bills and more pollution from power plants.

The reason is that daylight saving time reduces demand for residential lighting, yet increases demand for heating and especially cooling. So, while Benjamin Franklin’s argument still applies to lighting, the more important effect today comes from air conditioners. And in regions where demand for air conditioning is greater and growing, daylight saving time is likely to increase electricity use even more. Arizona, one of the hottest states, may have it right by not changing the clocks.

Of course, many people favor daylight saving time for reasons unrelated to energy, one of which is more time in the evenings for outdoor leisure. But many others find the switch disruptive and would prefer the early morning sunlight.

**The Spring Time Change Saves Lives**

Excerpted from David Gerard, *New York Times,* March 6, 2014

Although the energy conservation question gets most of the attention, daylight saving time is actually a matter of life and death for some travelers. As we “spring forward,” we take an hour of daylight away from morning travelers and give it to those out in the late afternoon and early evening.

My colleague Paul Fischbeck and I looked at the numbers and found clear effects on safety for pedestrians, runners and cyclists. There are more travelers later in the day than in the early morning, and consequently extending the daylight in the spring reduces the total number of injuries and fatalities.

The return to standard time in the fall, however, has much more pronounced effects, with a steep increase in early-evening pedestrian fatalities overwhelming the reduction in morning fatalities. In fact, the spike in pedestrian deaths is so sharp that we believe that there are actually two effects—the first associated with the amount of ambient light affecting visibility and the second with a mental adjustment by drivers and pedestrians to the time change.

To the extent that there are fatalities related to the adjustment periods, picking one time and sticking with it could well be a wise policy choice. Given current travel patterns, a permanent change to daylight saving time could on net save a number of lives each year. But such a change would fundamentally change who is at risk and who bears the consequences. We have heard from many early birds who dislike the abrupt shift from daylight to darkness for their commutes and morning fitness outings, and most emphatically from those who send their kids to the bus stop in the pre-dawn hours. It is clear that these people will face increased risks each morning after the spring time change.

**Daylight Saving Time Takes a Toll on Health**

Excerpted from Shelby Harris, *New York Times,* March 6, 2014

The human circadian clock is supposed to gradually adjust over the course of a season, with sleep and wake times slowly changing in response to the changing length and intensity of sunlight. But each year daylight saving time begins, we lose one hour of sleep – shifting our internal clocks faster than nature intended. One hour may not seem extreme, but we can’t reset our circadian rhythms as easily as we change the time on the microwave.

Scientists have connected a number of health consequences with the start of daylight saving time. Swedish researchers reported a 5 percent greater risk of heart attack in the three days immediately after the spring time change. Risk of heart attack is generally highest in the early morning year-round, but “springing forward” causes a sharp increase in early morning heart attack rates because of the earlier-than-usual wake times when the body’s cardiovascular state is least steady and more vulnerable to stress. When daylight saving time ends in the fall and we gain an hour of sleep, incidence of heart attack briefly falls below normal.

Even one hour of lost sleep affects many areas of functioning—decreasing motor function, memory and mood. After the spring time change, traffic accidents are more frequent and workplace injuries are more common. In the first few weeks after the “fall back,” suicide rates sharply increase. However, fewer vehicular accidents occur during daylight saving time, when the daylight hours are extended.

Considering productivity, energy use and many other societal factors, the pros and cons of daylight saving time are many and varied. But it’s clear that the human body does not readily or easily adapt to jarring changes in the alarm clock.

**The Economic Toll of Daylight Saving Time**

Excerpted from David T. Wagner and Christopher M. Barnes, *New York Times,* March 6, 2014

Daylight saving time means it’s time to change the clocks and deal with the hassle of readjusting your body clock. Individuals may or may not like this meddling, but our research makes clear that businesses are hurt by it.

Our daily rhythm is largely driven by clocks, with many of us starting work at a given hour or trying to get children to school before the bell rings. Even though the clocks change at an innocuous time of day—2 a.m. on Sunday—our bodies do not immediately adjust. Instead, most people wait to adjust until Sunday night and Monday morning, leaving them short on sleep by about 40 minutes when they go to work on Monday.

That may sound rather benign, but at least two of our studies highlight the organizational costs stemming from the loss. We found that workers tend to “cyberloaf”—that is, they use their computers and internet access to engage in activities that are not related to work—at a substantially higher rate on the Monday following the shift to daylight saving time than on other Mondays. What’s more, we found that for every hour of interrupted sleep the previous night, participants in our lab cyberloafed for 20 percent of their assigned task. When extrapolated to a full day’s work, that would mean daylight saving time and lost sleep can result in substantial productivity losses. In fact, a recent estimate of this effect put the cost to the American economy at over $434 million annually, simply from a subtle shift of the clocks. Unfortunately, we don’t regain that productivity when the fall change adds an hour to our schedules.

Given these findings, it’s increasingly clear that there are substantial business costs from the time change. In fact, we have conducted additional research that suggests workers with inadequate sleep are likely to be less ethical, less morally aware, more prejudiced and more apt to engage in abusive supervision. So does daylight saving time do more harm than good? We’ve seen substantial costs, without any benefit.