



What's the Problem?

Questions for Classroom Discussion

Daylight Saving Time

What is Daylight Saving Time?

- ⇒ Consider the literal definition of "Saving Time" ... Is there really a saving of time?
- ⇒ Consider why changing the clock might make it seem like time is being "saved" (or the day is longer)

What are some positive issues involved with changing the time?

- ⇒ Consider how energy can be saved depending on when people are most active
- ⇒ Consider why people might individually prefer more light in the morning than at night

What are some negative issues involved with changing the time?

- ⇒ Consider safety issues at bus stops (see "Making Daylight Saving Time Safe" on the main page)
- ⇒ Consider changes in sleep patterns in young children and adults... How could these changes impact learning?
- ⇒ Consider safety issues involving public transportation. (schedules, differences between states, countries, and communication).
- ⇒ Consider new technology and how it might make extending the daylight in the summer unnecessary

Background Information for Teacher:

Twice a year, people in many countries around the world move their clocks a full hour ahead or behind, depending on the season. The common shorthand for this is Spring Forward and Fall Back. In the United States (as of the Energy Policy Act of 2005), daylight-saving time begins for nearly all of the country at 2 a.m. on the second Sunday in March and ends at 2 a.m. on the first Sunday of November. Most of Arizona does not recognize daylight-saving time. (This used to be the case with part of Indiana as well, but that state switched over in 2006.) Countries belonging to the European Union have a standard "summertime period" that runs from the last Sunday in March through the last Sunday in October. The time change begins on Sunday, March 10, at 2 a.m., when clocks are moved forward by one hour.

Why do we have it?

The idea is to save electricity because there are more hours of natural light. Studies have shown the savings to be fairly nominal—the time change leading people to switch on the lights earlier in the morning instead of cranking up the air conditioning, for example.

What is the history of daylight saving time?

The idea was first floated in 1784 by one Benjamin Franklin. While minister of France, he wrote: *An Economical Project for Diminishing the Cost of Light.* The idea failed to see the light of day until 1883, when the U.S. railroads instituted a standardized time for their train schedules. That time change was imposed nationally during the First World War to conserve energy, but it was repealed after the war. It became the national time again during World War II. After that, it was up to the states to decide if they wanted it, and when it would start and end. Congress finally enacted the Uniform Time Act in 1966, which standardized the beginning and end of daylight time for the states that observed it. In **1974 and 1975** in response to Arab oil embargo and resulting fuel crisis, the daylight-saving time Energy Act is passed, pumping clocks ahead by an hour for a 15-month period running from Jan. 6 to April 27, 1975. Daylight saving time since then had always been in April—until the Energy Policy Act of 2005 ordered the earlier start time to begin in March 2007.