

Surveyor: _____

Respondent: _____

Date: _____

DAYLIGHT SAVING TIME

Opinions

- Keep DST as it is or make minor adjustments to it
- Make DST permanent
- Make Standard Time permanent
- _____

Beliefs

- Biannual time change (what we have now) is unpopular
- DST gets people out of the house in the afternoon and evening - more physical exercise and fresh air
- DST increases retail sales and tourism
- DST reduces workplace productivity
- Changing our clocks causes workplace accidents, heart attacks, and depression
- Permanent DST is worse than any short term positive effects of DST
- Permanent DST causes ongoing sleep deprivation - affecting cognition and physical health issues
- Circadian misalignment is caused by more darkness in the morning - sunrise timing is the key
- Standard Time best aligns with circadian rhythms
- DST in winter would make seasonal affective disorder worse
- Kids going to school are safer with earlier sunrises
- Permanent DST harms student test scores
- Drivers are safer with later sunsets - better visibility in daylight
- Crime is lower during hours with daylight
- DST decreases energy use by reducing lighting
- DST increases energy use for heating and air conditioning
- Really? If changing our clocks is so bad, then the US Surgeon General should put warning labels on airplanes (for jet lag) and Alaska (for being so dark in the winter)
- Permanent DST has been tried in the past - it always ends up being very unpopular
- _____
- _____
- _____
- _____

INSTRUCTIONS

For the Respondent

Review the survey. You should be able to find some statements that you agree with and check them off. Feel free to add some of your own opinions and beliefs. Perhaps add a personal note. Then, ask that the document be stored in a way that a future generation will discover it.

For the Surveyor

Find someone in your life who is part of an older generation. Don't confront them. Just work with them to capture their point of view. Archive the document in a way that someone you trust can access it in the year 2070. Storing a digital image is a fine idea, but how many of the thousands of images you have stored will ever see the light of day? Consider preserving a physical copy.

Background Information

There are many strongly held opinions about this survey topic. There is some uncertainty about how it will play out over the next few decades. Many of us will not be here to defend ourselves when future generations judge us. More importantly, how will our direct descendants remember us?

You can fill out and archive this survey for yourself. Or you can ask someone else to fill it out and archive it for them. The survey is meant to cover a wide range of beliefs about a topic without being biased. Whoever fills out the survey should be able to find a few comments that they agree with. There are blank lines for respondents to write-in their own beliefs. If respondents do not have clearly defined beliefs on this topic, then it is OK for them to take a little time and do some research.

This survey may inspire you to archive hard copy versions of documents and photos that are important to you. We all have thousands of digital files and images stored in the cloud or backup drives. It won't hurt to print and store key items from your life: birth and marriage certificates, concert tickets, family portraits, and this survey! Use acid-free paper (most ordinary copy paper will do). Keep items away from sunlight, heat, humidity – a closet is better than the attic or garage.

Call to Action

Be ready for the year 2070. We may not be there, but our adult children or grandchildren probably will be. At a family gathering, our descendants might be pulled aside by a young child. That child will ask about the olden days, back in the early 21st century, saying, "What were they thinking?" Don't let your adult descendants be caught flat-footed. Don't let them misrepresent your views – throw you under the bus – and blame you and your generation for the state of the world in 2070. Make sure your adult descendants have a record of your thoughts and beliefs. This survey is the simplest way to do that.

Good luck