

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
- ☐ 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

Call to Action

What will our great-great-grandchildren say about us?

Imagine the year 2070. We may not be there, but our children or grandchildren probably will be. Their grandchildren will ask about the olden days, back in the early 21st century, saying, “What were they thinking? Didn’t grown-ups know back then how bad this was going to be?”

These survey topics may seem vast and impersonal. We may shrug and claim that our actions as individuals don’t matter. As one of more than 8 billion people, it’s easy for us to hide in the herd and dodge blame. However, these topics become personal, and we feel more accountable, when we realize that our direct descendants will judge us for our actions and beliefs.

Our grandchildren will be caught flat-footed – or worse, misrepresent our beliefs! – when their kids confront them about our generation’s legacy. Don’t let *your* grandchildren throw you under the bus when talking to *their* grandkids in the year 2070. (Unless you deserve to be blamed for the state of the world in the late 21st century.) Ensure your descendants have an accurate record of your thoughts and beliefs. These surveys are the simplest way to do that.

Guidance

Each survey is meant to cover a wide range of beliefs about a single topic without being biased. Respondents 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 that uncertainty may lead to some healthy research and introspection before they feel ready to share their beliefs with posterity.

This survey may inspire you to archive hard copy versions of other documents and photos that are important to you. We all have thousands of digital files and images stored in the cloud or on backup drives. Consider storing physical copies of 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. How about a time capsule?

For the Respondent

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

For the Surveyor

Take the time to sit down with people who matter to you, especially older folks. Don’t confront them. Instead, work with them to capture their point of view. Archive the document in a way that someone will be able to access it in the year 2070.

Good luck