

Score: / 3

Read and answer the questions!

Name: _____

I believe that we should not continue to have Daylight Savings Time. Daylight Savings Time (DST) is when we “Spring Forward” and “Fall Back” each year. The main reason we shouldn’t continue DST is because DST causes sleep loss, leading to less productivity and more traffic and workplace accidents. Sleep disruption is also linked to health concerns, and for these reasons, we should not continue to have Daylight Savings Time.

Questions:

(1) What does DST stand for?

(2) The author believes that... (*highlight/circle the correct answer*)

(a) We should continue DST

(b) We should not continue DST

(3) What is one effect of DST?
