Fundamentals of Communication 2200

***Saving our Sleep with Permanent Daylight Savings Time***

1. **General Purpose:** To persuade
2. **Specific Purpose:** To persuade my audience to abolish the current Daylight-Saving time switch
3. **Central Idea/Thesis Statement:** Due to its disastrous effects, the current time switches from Standard Time to Daylight Savings Time in the United States should be replaced with permanent Daylight Savings Time.
4. **Introduction**

On March 12, 2023, I was the victim of a robbery. It was 6:00 a.m., and I was peacefully sleeping, knowing I had one more hour before I had to wake up for school. Suddenly, without warning, my alarm clock went blaring, launching me into confusion and panic. With a groan, I remembered the clocks had switched to Daylight Savings, and I had just had another hour of sleep stolen. After personally researching this issue, the clock switches, something we all experience, have significantly negative impacts on our country. Due to its disastrous effects, the United States should replace the current time switches from Standard Time to Daylight Savings Time with permanent Daylight Savings Time.

1. **Body**
2. Changing our clocks an hour forward or backward negatively impacts society, with the time shifts having reverberating effects on not only our economy but also our health.
3. Shifting the clocks causes significant economic losses.
4. As **Brian Handwerk notes in his 2013 article from National Geographic**, William F. Shugart II, an economist from Utah State University, has found that the United States loses $1.7 billion in opportunity cost simply through all the time spent changing our clocks.
5. However, our disrupted sleep schedule during the time shifts also impacts workers’ productivity, hurting the economy. **David T. Wagner and Christopher M. Barnes, professors at Singapore Management University and the University of Washington, report in a 2014 opinion piece for the *New York Times***that the American economy loses $434 million every year due to the springtime change.
6. Our current system of jumping forward or falling back an hour twice a year greatly disturbs our sleep cycle, creating a significant impact on our health.
7. As **Tracy Miller describes in her 2019 article for the *Daily News****,* the time switches increase the prevalence of cluster headaches, which can be extremely painful and severe.
8. However, as researcher **Steve Calandrillo, a professor at the University of Washington School of Law, notes in his 2022 essay,** the time switch has an even graver impact on our health than headaches. Once the time jumps forward in March, the number of heart attacks increases the following week by 24%, with similar effects also happening when the time drops back in November.

*[However, these problems can be easily solved.]*

1. Switching to permanent Daylight Savings Time, not Standard Time, can improve our timekeeping system.
2. While many claim permanent Standard Time, which skews more daylight to the morning, would benefit our health, Daylight Savings Time, which skews more daylight to the afternoon, is the best overall choice for our lifestyles.
3. As **Vincent Trang explains in a 2022 piece for the Washington Post**, “year-round standard time ensures that the solar day is centered on 12 p.m. But our schedules don’t center on 12 p.m. — the center of the 9-to-5 workday is actually 1 p.m. Year-round daylight saving, not standard, time would keep our internal clocks aligned with society.”
4. Our country is ready to make a permanent shift to Daylight Savings Time.
5. According to a **2022 survey by Monmouth University,** 61% of the people in the United States want to eliminate the clock shifts, with 44% supporting permanent Daylight Savings Time versus 13% favoring permanent Standard Time.
6. Many states are ready for permanent Daylight Savings Time.
7. While Arizona and Hawaii have independently switched to permanent Standard Time, the **National Conference of State Legislatures reports as of September 2023,** eighteen states have formally passed support for permanent Daylight Savings Time, including Tennessee.

*[Permanent Daylight Saving’s alignment with society provides many clear benefits.]*

1. Enacting permanent Daylight Savings would improve safety.
2. Permanent Daylight Savings would dramatically reduce crime.
3. **Jennifer L. Doleac and Nicholas J. Sanders, professors at Texas A&M and Cornell University, report in a 2015 article from the Brookings Institute** that the spring Daylight Savings Time switch decreases evening robberies by 27% and overall robberies by 7%.
4. Equally important, permanent Daylight Savings could help reduce car accidents.
5. The **National Highway Traffic Safety Administration reported in 2020** that the majority of fatal crashes in the United States occurred in the evening, peaking during the period from 6:00-9:00 p.m.
6. Extending daylight hours into this 6:00-9:00 p.m. period permanently could help to prevent these accidents.
7. **As Candrillo explains**, “The evening rush hour is twice as fatal as the morning for various reasons: Far more people are on the road, more alcohol is in drivers’ bloodstreams, people are hurrying to get home and more children are enjoying outdoor, unsupervised play… DST brings an extra hour of sunlight into the evening to mitigate those risks.”
8. **Conclusion**

Disastrous to both our economy and health, our current system of changing the clocks from Daylight Savings Time to Standard Time could easily be replaced with permanent Daylight Savings Time, helping to reduce crime and prevent traffic accidents. As I have mentioned, 18 states, including Tennessee, are ready to enact permanent Daylight Savings Time, but only Congress can enact nationwide daylight savings time. On the cards I am about to hand out, I have included the links to contact our United States Representative and Senators. Today, I challenge you to write to these government officials so we can advocate together for our government to end the outdated and devastating time switches. Only then can we truly protect the safety of our precious sleep.

Works Cited

1. Calandrillo, S. (2023). 5 Ways Life Would Be Better If It Were Always Daylight Saving Time. In Gale Opposing Viewpoints Online Collection. Gale. (Reprinted from 5 ways life would be better if it were always daylight saving time, The Conversation, 2020, March 4). [https://link-gale-com.ezproxy.mtsu.edu/apps/doc/YZKPMM082934003/OVIC?u=tel\_middleten&sid=bookmark-OVIC&xid=5b37020b](about:blank)

*I used this source to explain how the time switches influence heart attacks and how permanent Daylight Savings Time could help with traffic accidents.*

1. Trang, V. (2022, November 8). *Washington Post.* Stop changing clocks, but don’t keep it standard. Accessed November 7, 2023, at [https://link-gale-com.ezproxy.mtsu.edu/apps/doc/A725771637/OVIC?u=tel\_middleten&sid=bookmark-OVIC&xid=74a0c2bb](about:blank)

*I used this source for specific reasons why permanent Daylight Savings Time is better than permanent Standard Time.*

1. Monmouth University. (2022, March 15). Few Americans Like Resetting Clocks. Accessed November 7, 2023, at [https://www.monmouth.edu/polling-institute/reports/monmouthpoll\_us\_031522/](about:blank)

*I used this poll for statistics concerning how many Americans support permanent Daylight Savings Time versus Standard Time.*

1. Miller, T. (2013, November 1). Daylight Saving Time Ends: How to Fall Back the Healthy Way. Daily News. Accessed November 7, 2023, at [https://www.nydailynews.com/2013/11/01/daylight-saving-time-ends-how-to-fall-back-the-healthy-way/#:~:text=Staying%20up%2020%20minutes%20past%20your%20normal%20bedtime,suggests%20Dr.%20Shelby%20Harris%20of%20Montefiore%20Medical%20Center](about:blank#:~:text=Staying%20up%2020%20minutes%20past%20your%20normal%20bedtime,suggests%20Dr.%20Shelby%20Harris%20of%20Montefiore%20Medical%20Center).

*I used this source for general information about how the time switches impact our health.*

1. Handwerk, B. (2013, November 1). Time to Move On? The Case against Daylight Saving Time. National Geographic. Accessed November 7, 2023, at [https://www.nationalgeographic.com/culture/article/131101-when-does-daylight-savings-time-end-november-3-science?rnd=1699395942296&loggedin=true](about:blank)

*I used this source for general information about the impacts of the time switches, particularly the economic impacts.*

1. Wagner, D. T. & Barnes, C. M. (2014, March 6). The Economic Toll of Daylight Saving Time. New York Times. Accessed November 7, 2023, at [https://www.nytimes.com/roomfordebate/2014/03/06/daylight-saving-time-at-what-cost/the-economic-toll-of-daylight-saving-time#:~:text=When%20extrapolated%20to%20a%20full%20day%E2%80%99s%20work%2C%20that,simply%20from%20a%20subtle%20shift%20of%20the%20clocks](about:blank#:~:text=When%20extrapolated%20to%20a%20full%20day%E2%80%99s%20work%2C%20that,simply%20from%20a%20subtle%20shift%20of%20the%20clocks)

*I used this source for specific statistics about the economic impact of Daylight Saving Time.*

1. Doleac, J. L. & Sanders, N. J. (2015, October 29). Fighting crime with Daylight Saving Time. Brookings Institute. Accessed November 12, 2023, at [https://www.brookings.edu/articles/fighting-crime-with-daylight-saving-time/#:~:text=When%20DST%20begins%20in%20the,that%20gained%20some%20extra%20sunlight](about:blank#:~:text=When%20DST%20begins%20in%20the,that%20gained%20some%20extra%20sunlight)

*I used this article for specific reasons and statistics showing that Daylight Savings Time helps to reduce crime.*

1. National Conference of State Legislatures. (2023, September 22). Daylight Saving Time | State Legislation. Accessed November 12, 2023, at [https://www.ncsl.org/transportation/daylight-saving-time-state-legislation](about:blank)

*I used this source for the number of states that have formally passed support for Daylight Saving Time.*

1. Buchholz, K. (March 17, 2022). Ditching the Switch? U.S. States Rebel Against Time Change [Digital image]. Retrieved November 12, 2023, from [https://www-statista-com.ezproxy.mtsu.edu/chart/21048/daylight-savings-time-change-obervance-us-states/](about:blank)

*I used this source for a graph included in my visual aid that shows the states who have adopted Standard Time and the states that show support for Daylight Savings Time.*

1. NHTSA. (June 24, 2022). Number of fatal vehicle crashes in the United States in 2020, by time of day [Graph]. In Statista. Retrieved November 12, 2023, from [https://www-statista-com.ezproxy.mtsu.edu/statistics/193021/number-of-us-total-vehicle-crashes-by-time-of-day/](about:blank)

*I used this source for a graph included in my visual aid that shows the number of traffic fatalities by time of day.*