

Daylight Savings Time Ends Questions

NAME _____

1. According to the reading, what day did daylight savings time end?
2. The reading states that the “springtime transition,” is in what month?
3. What percent of Americans say they rarely get a good night’s sleep?
4. According to the text, which is more disruptive, springing forward or falling back?
5. How long does the author claim it takes to feel back to normal after the *beginning* of Daylight Saving Time?
6. True or false, the reading claims that If we can make an effort to get a little more sleep, maybe we can control diseases like cancer or the common cold or risk of mishap.
7. The reading says you should do **what**, if you're feeling sleepiness paired with a stronger appetite?