Messing about with our body clocks

Usually I don’t mind it when the clocks go back. I kind of enjoy the darkening evenings (and loathe getting up in the dark, my body and mind just mutiny on the grounds that it is uncivilized!) and the extra hour in bed on the weekend of the change is nice. But this year it seems to have wreaked havoc with both me and hubby: we are both still waking up at the crack of dawn (or earlier) and wiped out by 9 in the evening. I’m really not convinced that we need to mess around with the clocks, even the 3 farmers in some far flung Scottish isle (who we are told are the reason we need to change) can’t really see much of a difference can they?

Short extract to help explain the importance of questionnaire's diverse answers. Click here