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Daylight saving time (DST), also daylight savings time or daylight time (United States) and summer time (United Kingdom, European Union, and others), is the practice of advancing clocks during summer months so that evening daylight lasts longer, while sacrificing normal sunrise times. Looking for tips to save more money and spend less? Find tips on saving and budgeting from Better Money Habits and get your spending under control. How to Save Money. Deposit a portion of your income in a savings or retirement account. Don't accumulate new debt, and pay off any debt you currently have. Establish a realistic timeframe for your savings goals. Create a budget and keep... The Monday following the start of Daylight Saving Time can leave everyone feeling a little sluggish. The loss of a full hour of sleep can be disorienting and causes people to feel a bit more ..., Saving America More Than One Long Day.

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