

# Comment Report

State Government

Date: 02/22/2023

Time: 09:00 AM

Location: RM 103, Sup. Ct. Chamber

**Name:** Marla Shapiro

**Comment:** I am writing as an Iowa Licensed Psychologist and the only Board Certified Behavioral Sleep Medicine provider in the state of Iowa. I was caught off guard and so disappointed, frankly to see that another bill supporting Permanent Daylight Savings Time (DST) has been proposed. While I wholeheartedly agree that the twiceyearly clock changes pose risk for mental and physical health, the science of sleep, and many major national medical and sleeprelated professional organizations, overwhelmingly and unequivocally support a switch to PERMANENT STANDARD TIME instead. (Note, too, that permanent STANDARD TIME can be implemented much more quickly than permanent DST since its already federally approved, and it is also the clock observed time in most of the rest of the world, plus all 5 US territories, Mexico, Arizona and Hawaii.)Governor Reynolds supported creation of a school mental health center at the University of Iowa explicitly to address and reduce rates of teen suicide and depression. We mental health providers are struggling enough to address the rising mental health crisis among our Iowa youth, with recent research reflecting increased health care costs associated with sleep disorders nationally in the billions of dollars annually. Please dont stoke these issues further OPPOSE HF242 and AMEND it to propose a switch to PERMANENT STANDARD TIME INSTEAD.

**Name:** Jay Pea

**Comment:** Oppose HF242 (pDST Harms Children, Farmers). Amend to pST. Dear Honorable Representatives, Regarding the hearing on Wednesday, February 22, in the House Committee on State Government: Please oppose HF242. Permanent Daylight Saving Time harms schoolchildren, farmers, and many others. Please recommend its amendment to permanent Standard Time. Permanent DST would delay Iowas sunrise to 8:58am, and past 8am up to 4.0 months. If constituents were asked to let government set their alarm clocks an hour early all winter, they would refusebut thats what this bill would force them to do. Permanent DST cost childrens lives when last tried in the US, and it has failed in other countries too. Its forced early waking on unnaturally dark mornings increases depression, accidents, heart disease, stroke, cancer, sports injuries, and failures in school. It would disrupt the business of farmers, ranchers, construction workers, essential workers, radio broadcasters, commuters, and others who need morning sunlight. Permanent Standard Time (natural time, Gods Time) instead would keep sunrise before 8am for health, safety, and prosperity. It is federally approved; it can end unpopular clock changes more quickly than permanent DST. Permanent Standard Time is consistently supported by professional public polling. Its the clock observed in Arizona, Hawaii, all five US territories, Mexico, and most of the world. Dozens of nonprofits and hundreds of doctors and journalists oppose permanent DST and endorse permanent Standard, including the American Medical Association, American Academy of Neurology, American College of Chest Physicians, National Safety Council, American Academy of Sleep Medicine, National Sleep Foundation, National PTA, American College of Occupational & Environmental Medicine, writers from Bloomberg, Cato, and the Daily Wire, and many more. A full letter from my nonprofit, which includes local photos and expert statements, is attached. Thank you for your consideration, Jay Jay Pea President Save Standard Time 501(c)(4) Nonprofit savestandardtime.com 4154843458 PS: I was born and raised in rural Iowa, where most of my family still live, thank you.



# SAVE STANDARD TIME

The best clock for health, safety, education, economy, environment, civil liberties, and lasting public support.

2023 February 21

House State Government Committee  
The Iowa Legislature  
Des Moines, Iowa

Re: **Oppose HF-242 (pDST Harms Children, Farmers). Amend to pST.**

Dear Honorable Representatives,

Please oppose HF-242, permanent Daylight Saving Time, a policy that has repeatedly failed with loss of money and lives. Please recommend its amendment to permanent Standard Time, for health, safety, education, economy, environment, and religious rights.

**Permanent DST would delay Iowa sunrise to 8:58am, and past 8am up to 4.0 months.**

It would force constituents to wake an hour early relative to sunrise, every weekday from November through March. It would deprive morning light needed by farmers, construction workers, and other outdoor laborers.<sup>[Schlanger]</sup> It would revert benefits of starting school later. It would delay radio broadcasts of morning news until most people have started work.<sup>[Stine]</sup> It would increase energy costs, especially for morning heat.<sup>[Kotchen]</sup> It would disrupt worship for individuals who pray daily at sunrise.<sup>[Agudath]</sup>

Support for permanent DST historically reverses into opposition when experienced. Permanent DST has failed several times; **it cost children's lives in 1974.**<sup>[BBC][Ripley][Yorkshire]</sup> It is prohibited by the Uniform Time Act (15 USC §260a); it cannot end clock change quickly, as many voters request.

Moving clocks to DST acutely deprives sleep. **Leaving clocks on DST chronically deprives sleep** (estimated average 19 minutes nightly).<sup>[Giuntella][Roenneberg]</sup> Artificial delay of sunrise by one hour manifests as significant increases in accidents, disease (certain cancers up 12–36%), and healthcare costs, and as significant decreases in learning, productivity, and earnings (individual wages down 3–5%).<sup>[Gibson][Giuntella][Gu][Roenneberg]</sup> It's not just clock change that harms, but also DST's forced early waking.

**Permanent Standard Time (natural time, God's Time) instead** would protect start times for schoolchildren and blue-collar workers, by letting them sleep naturally past sunrise most days.<sup>[Borisenkov][Cell][Schlanger][Skeldon]</sup> Standard Time preserves morning sunlight needed by human biology. Its benefits to circadian health improve immunity, longevity, mood, alertness, and performance in school, sports, and work. Its benefits prevent traffic deaths, lower crime, and reduce chronic illnesses.<sup>[AASM][Juda][SRBR]</sup> Most consistent professional polling shows preference for Standard Time.<sup>[AP]</sup> Permanent Standard Time has been observed in

Arizona, Hawaii, all five US territories, and most nations for decades (**Mexico restored permanent Standard Time just last year**). It is approved by the Uniform Time Act (15 USC §260a); it can end clock change immediately.

Scores of organizations, representing millions of researchers, doctors, teachers, parents, and community leaders worldwide, oppose DST and endorse permanent Standard Time. Among these are the **American Medical Association**, American Academy of Neurology, American College of Chest Physicians, **National Safety Council**, American Academy of Sleep Medicine, **National PTA**, American College of Occupational & Environmental Medicine, Start School Later, Canadian Sleep Society, Association of Canadian Ergonomists, Canadian Society for Chronobiology, and many more state, national, and international groups.<sup>[AASM][AMA][CSC][CSS][ESRS][NSF][SRBR]</sup>

Please hear the consensus of doctors, teachers, and history. Save time, money, and lives. Oppose this bill, and recommend its amendment to permanent Standard Time.

Sincerely,



Jay Pea  
President

[jay@savestandardtime.com](mailto:jay@savestandardtime.com)

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# REJECT PERMANENT DAYLIGHT SAVING TIME

Forces early waking. Increases accidents, illnesses, depression. Federally prohibited. Repeat failure.

## The US tried permanent DST in 1974.

Several children's lives were taken by sleep-deprived drivers.

<https://www.nytimes.com/1974/01/31/archives/schools-ask-end-to-daylight-time-pressure-follows-success-in-easing.html>



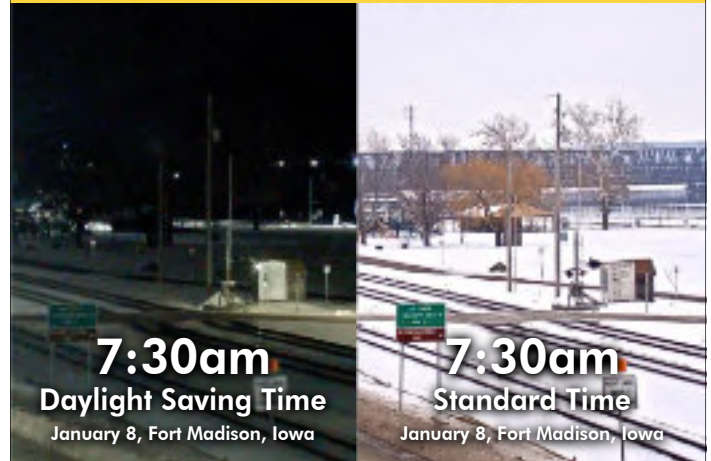
Why repeat bad history? Permanent Standard Time is the safest and quickest way to end clock changes.



SAVE STANDARD TIME

## Most work/school starts at 8am.

How would you rather start your day half the year?



Permanent Standard Time is the safest, healthiest, quickest end to clock change.



SAVE STANDARD TIME

8:03am average school start in the US. CDC. US ED, SASS, 2015. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6430a1.htm>  
7:55am median work arrival in the US. 538, ACS, USCB, 2014. <https://fivehirtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

# RESTORE PERMANENT STANDARD TIME

Best for health, safety, education, economy, liberty. Federally approved. Unanimously endorsed.

**"With Daylight Saving Time, you get more daylight in the evening and more dark in the morning.**

**That's not conducive for the body's circadian cycle."**

**Kannan Ramar MD**

**Sleep Consultant, Mayo Clinic**

[https://www.vice.com/en\\_us/article/3azwzk/sleep-experts-officially-come-out-against-daylight-saving-time](https://www.vice.com/en_us/article/3azwzk/sleep-experts-officially-come-out-against-daylight-saving-time)



SAVE STANDARD TIME

**"Permanent Daylight Saving is the worst option.**

**Permanent Standard Time is more natural for our bodies and the best option for our health."**

**Raman Malhotra MD FAAN**

**Professor of Neurology, Washington University, St Louis**

<https://www.brainandlife.org/articles/how-does-daylight-saving-time-affect-health>



SAVE STANDARD TIME

**"National PTA is opposed to Daylight Saving Time during the winter months because of the safety factor."**

**Heidi May Wilson**

**Spokesperson for the National Parent Teacher Association**

<https://www.washingtonpost.com/science/2019/03/08/springing-forward-daylight-saving-time-is-obsolete-confusing-unhealthy-critics-say/>



SAVE STANDARD TIME

**"Our bodies are much more in tune with Standard Time than they are Daylight Saving Time."**

**Andrew Stiehm MD**

**Sleep Specialist, United Lung & Sleep Clinic**

**Allina Health, St Paul, Minnesota**

<https://kstp.com/kstp-news/top-news/new-bills-aim-to-make-daylight-saving-time-permanent-in-minnesota/>



SAVE STANDARD TIME



# SAVE STANDARD TIME

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	Permanent Daylight Saving Time	Permanent Standard Time
<b>Morning Sunlight</b>	Forces most people to start school or work before sunrise in winter.	Lets most people see sunlight in morning, when biology needs it most, year-round.
<b>Circadian Alignment</b>	Misaligns clocks from circadian rhythms.	Aligns clocks to circadian rhythms.
<b>Sleep Health</b>	Forces most people to wake by alarm before sunrise in autumn, winter, and spring. Dark mornings make waking harder. Light at night makes sleep harder.	Lets most people sleep naturally past sunrise all year-round. Bright mornings make waking easier. Darkness at night makes sleep easier.
<b>Mental &amp; Physical Health</b>	Increases depression, substance abuse, obesity, high blood pressure, stroke, heart disease, diabetes, and cancer.	Improves mood, neurology, stress resilience, weight, heart health, immunity, and longevity.
<b>Safety &amp; Crime</b>	Increases accidents and injury recovery times.	Improves alertness and decision-making.
<b>Education &amp; Economy</b>	Impairs school performance. Decreases workplace productivity and wages.	Improves school performance. Increases workplace productivity and wages.
<b>Farmers &amp; Blue-Collar Workers</b>	Shortens morning light needed for outdoor labor.	Preserves morning light needed for outdoor labor.
<b>Energy &amp; Environment</b>	Darker mornings increase demand for morning heat. Brighter evenings increase demand for evening A/C.	Balances the sun's light and heat between morning and evening, for less demand, less waste, and less waste.
<b>Radio Broadcasts</b>	Dark mornings impair radio. News broadcasts would be delayed until most people have begun work.	Preserves morning light needed for radio broadcasts of morning news and traffic reports.
<b>Civil Liberties</b>	Overlaps work hours with morning prayer times of observant Jews and Muslims.	Respects natural balance of morning and evening sunlight to permit morning prayer.
<b>Public Support</b>	Historically support reverses into opposition when it's experienced.	Supported by current and historical polls.
<b>Law &amp; History</b>	Prohibited for states by the Uniform Time Act (15 USC §260a). Repeatedly tried and reverted in the US and other nations, with loss of money and loss of lives.	Pre-approved for states by the Uniform Time Act (15 USC §260a). Observed in Arizona, Hawaii, all five US territories, Mexico (starting in 2023), and most nations.





# SAVE STANDARD TIME

The best clock for health, safety, education, economy, environment, civil liberties, and lasting public support.

## Endorsements of Permanent Standard Time as the Better Year-Round Clock

The following parties reject permanent Daylight Saving Time and endorse permanent Standard Time as the better year-round clock. These are not implied to be endorsements of the Save Standard Time entity.

### Organizations (non-comprehensive list)

American Medical Association	American Academy of Neurology
American College of Chest Physicians	National Safety Council
American Academy of Sleep Medicine	National Sleep Foundation
National PTA	American College of Occupational Medicine
Sleep Research Society	World Sleep Society
American Academy of Dental Sleep Medicine	Start School Later
Society for Research on Biological Rhythms	Society of Anesthesia & Sleep Medicine
Society of Behavioral Sleep Medicine	American Academy of Cardiovascular Sleep Med
Bloomberg Opinion	Rabbinical Council of America
Agudath Israel of America	Anne Arundel County Public Schools
Massachusetts Medical Society	Indiana State Medical Association
Florida PTA	Maryland Association of Boards of Education
Northwest Noggin Neuroscience	Colorado PTA
California Sleep Society	Wisconsin Sleep Society
Kentucky Sleep Society	Missouri Sleep Society
League of Women Voters of Delaware County	San Diego Psychiatric Society
Hampden District Medical Society	Tennessee Sleep Society
Maryland Sleep Society	Regional Adolescent Sleep Needs Coalition
Southern Sleep Society	Capitol Neurology
Michigan Academy of Sleep Medicine	San Diego Academy of Child/Adolescent Psych
Dakota Sleep Society	The Oregonian
Minneapolis Star Tribune	South Florida Sun Sentinel
The Daytona Beach News-Journal	Rabbinical Council of California
Agudath Israel of California	California Islamic University
Agudath Israel of Maryland	Agudath Israel of Chicago
Agudath Israel of Florida	Cuyahoga Astronomical Association
Ohio Bicycle Federation	Adath Israel San Francisco
Stephens Memorial Observatory	Gulf Coast Fabrion
Campaign to Opt Out of DST in Texas	Canadian Sleep Society
Association of Canadian Ergonomists	Canadian Society for Chronobiology
Solaris Fatigue Management	Spanish Sleep Society
Society for Light Treatment & Biological Rhythms	Daylight Academy
B-Society	Good Light Group
International Alliance for Natural Time	European Biological Rhythms Society
European Sleep Research Society	Australasian Chronobiology Society
Portuguese Sleep Association	Francophone Chronobiology Society
French Society for Sleep Research & Medicine	German Teachers' Association
Sleep Medicine Association Netherlands	Dutch Society for Sleep-Wake Research
Curtis Clock Lab	

### Individuals (non-comprehensive list)

Raúl Aguilar-Roblero MD PhD, Mexico  
Konstantin V Danilenko MD PhD, Novosibirsk, Russia  
Elizabeth B Klerman MD PhD, Boston, Massachusetts  
Michael T Lam MD PhD, San Diego, California  
Michael McCarthy MD PhD, San Diego, California  
Thomas E Nordahl MD PhD, Davis, California  
David K Welsh MD PhD, San Diego, California  
Amir Zarrinpar MD PhD, San Diego, California  
Salman Ahsan PhD, San Jose, California  
Shimon Amir PhD, Montreal, Quebec  
Sonia Ancoli Israel PhD, San Diego, California  
Michael Antle PhD, Calgary, Alberta  
William Bechtel PhD, San Diego, California  
Mikhail Borisenkov PhD, Moscow, Russia  
Joseph Boyd PhD, Temecula, California  
Hugo Calligaro PhD, San Diego, California  
Oscar Castanon-Cervantes PhD, Atlanta, Georgia  
Archana G Chavan PhD, Merced, California  
Joanna C Chiu PhD, Davis, California  
Scott Cookson PhD, San Diego, California  
Joseph De Konick PhD, Ottawa, Ontario  
Jason DeBruyne PhD, Atlanta, Georgia  
Grant Denn PhD, Colorado  
Jaime K Devine PhD, Baltimore, Maryland  
Heinz Freisling MSc PhD, Lyon, France  
Frederic Gachon PhD, St Lucia, Queensland, Australia  
Karen L Gamble PhD, Birmingham, Alabama  
Susan S Golden PhD, San Diego, California  
Marijke CM Gordijn MS PhD, Netherlands  
Bill Griesar PhD, Portland, Oregon  
Chelsea Gustafson PhD, Portland, Oregon  
Liz Harrison PhD, San Diego, California  
Dietrich Henckel PhD, Germany  
Erik Herzog PhD, St Louis, Missouri  
Myriam Juda PhD, Vancouver, British Columbia  
Thomas Kantermann PhD, Essen, Germany  
Paul Kelley PhD, Milton Keynes, United Kingdom  
Achim Kramer PhD, Germany  
Camilla Kring PhD, Copenhagen, Denmark  
Katja Lamia PhD, San Diego, California  
Andy LiWang PhD, Merced, California  
Travis Longcore PhD, Los Angeles, California  
Emily Manoogian PhD, San Diego, California  
Peter Mansbach PhD, Bethesda, Maryland  
Erik Maronde PhD, Frankfurt, Germany  
Girish Melkani MS PhD, San Diego, California  
Martha Merrow PhD, Germany  
Matt Metzgar PhD, Charlotte, North Carolina  
Ralph Mistlberger PhD, Vancouver, British Columbia  
João Nunes PhD, Dresden, Germany  
Marie Pariollaud PhD, La Jolla, California  
Ketema Paul PhD, Los Angeles, California  
Linda Petzold PhD, Santa Barbara, California  
Frank Powell PhD, San Diego, California  
Kendall Satterfield PhD, San Diego, California  
Dorothy D Sears PhD, San Diego, California  
Lori L Shemek PhD, Dallas–Fort Worth, Texas  
Benjamin Smarr PhD, San Diego, California  
Andrea Smit PhD, Vancouver, British Columbia  
Barbara Sorg PhD, Portland, Oregon  
Heather R Spence PhD, Arlington, Virginia  
Melissa A St Hilaire PhD, Boston, Massachusetts  
Andrew Steele PhD, San Luis Obispo, California  
Joseph S Takahashi PhD, Dallas, Texas  
Jennifer Thomas PhD, San Diego, California  
Gianluca Tosini PhD, Atlanta, Georgia  
Roger Tseng PhD, Ames, Iowa  
Judy Village PhD CCCPE, British Columbia  
John Wesley White PhD, Sarasota, Florida  
Daniel S Whittaker PhD, Los Angeles, California  
Anna Wirz-Justice PhD, Switzerland  
Wen Zhang PhD, Indianapolis, Indiana  
Ying Zhang PhD, Indianapolis, Indiana  
Irving Zucker PhD, Berkeley, California  
Susanna Barry PsyD, Medford, Massachusetts  
Mariah Baughn MD, San Diego, California  
Steven M Croft MD FAAN, Houston, Texas  
Richard E Cytowic MD, Washington, DC  
Mona Ezzat MD, San Diego, California  
John F Gottlieb MD, Chicago, Illinois  
Royan Kamyar MD, La Mesa, California  
Alison Kole MD MPH FCCP FAASM, New Jersey  
Jack Kruse DMD MD, New Orleans, Louisiana  
Beth Malow MD MS, Brentwood, Tennessee  
Melody T McCloud MD, Atlanta, Georgia  
Andrew Spector MD, Durham, North Carolina  
Tessa Sugarbaker MD MFT, San Francisco, California  
Nathaniel F Watson MD MSc, Seattle, Washington  
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Kevin Spehar, Baltimore, Maryland  
Peter Varfalvy MSc, Quebec  
Elizabeth Wellburn MA, Victoria, British Columbia  
John de Graaf, Seattle, Washington

Individuals represent personal views in endorsement of permanent Standard Time policy; they do not endorse as representatives of their employers.