



# 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>



7:35am Daylight Saving Time, New York City  
Photographer Unknown

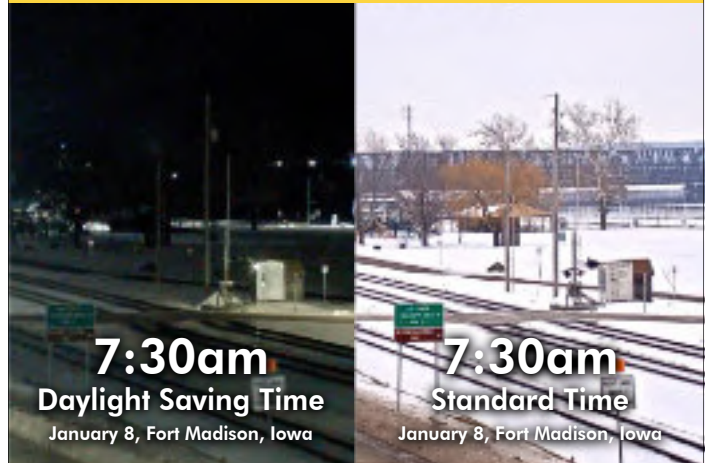
Why repeat bad history? Permanent Standard Time is the safest and quickest way to end clock changes.



SAVE STANDARD TIME

## Most work/school starts at 8am.

How would you rather start your day half the year?



7:30am  
Daylight Saving Time  
January 8, Fort Madison, Iowa

7:30am  
Standard Time  
January 8, Fort Madison, Iowa

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

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

### 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  
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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  
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Prof Kurt Niel, Grieskirchen, Austria  
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.



## AMA calls for permanent standard time

NOV 15, 2022

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HONOLULU – At its Interim Meeting, the American Medical Association (AMA) House of Delegates on Monday supported ending daylight saving time and move permanently to standard time.

The American Academy of Sleep Medicine and others pointed to the potential health benefits of the move.

“For far too long, we’ve changed our clocks in pursuit of daylight, while incurring public health and safety risks in the process. Committing to standard time has health benefits and allows us to end the biannual tug of war between our biological and alarm clocks,” said AMA Trustee Alexander Ding, M.D., M.A, MBA.

Although the chronic effects of remaining year-round in daylight saving time (which shifts daylight hours later in the evening) have not been well studied, sleep experts say that standard time (which shifts daylight hours earlier in the morning) aligns best with human circadian biology. Data show that the sudden change from standard time to daylight saving time in March is associated with significant public health and safety risks, including increased risk of adverse cardiovascular events, mood disorders, and motor vehicle crashes. Some studies suggest that the body clock does not adjust to daylight saving time even after a few months.

This year, the U.S. Senate passed a bill to establish permanent daylight saving time, but there is a lot of daylight between that version and the AMA-endorsed approach. The House has not taken up a bill on the issue. Twenty states have endorsed year-round daylight saving time, but Congress must act for the changes to take effect.

“Eliminating the time changes in March and November would be a welcome change. But research shows permanent daylight saving time overlooks potential health risks that can be avoided by establishing permanent standard time instead,” Ding said. “Sleep experts are alarmed. Issues other than patient health are driving this debate. It’s time that we wake up to the health implications of clock setting.”

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## SRBR Talking Points about Daylight Saving Time (DST)

*The talking points are meant to briefly address some key points raised by the media and laymen responses per Public Outreach Committee (POC) of the Society for Research on Biological Rhythms (SRBR). This is by no means the full scope of references, but we do have the key references, as well as the SRBR Position Paper on DST enclosed in this press kit to support our responses to the media. Please feel free to reach out to a SRBR POC at [srbroureach@gmail.com](mailto:srbroureach@gmail.com) in case you have any suggestions or comments.*

### **Why do we care about Daylight Saving Time (DST)?**

Approximately 1.6 billion people worldwide change their clocks twice a year to and from DST. This one-hour change in clock time to DST leads to decreased exposure to morning sunlight for some individuals (while DST is in place during the summer months in the US). Our body's internal biological clock needs exposure to morning sunlight to adjust to local time. When the exposure to sunlight in the morning is reduced, our biological clocks will drift later and later, making it harder to wake up. The one-hour shift in clock time during DST also exposes people to more evening light, which further pushes the biological clock to a later time and makes it more difficult to fall asleep. Because of the effect of reduced morning light and increased evening light on the biological clock, DST leads to sleep loss and a mismatch between the body clock and local time (also called social jetlag). Both sleep deprivation and social jetlag have negative effects on physical and mental health, including increased risks for diabetes, obesity, heart disease, depression, and some forms of cancer. Therefore, keeping DST during summer or all year round in the US, will have serious implications for public health and safety. These negative effects can be prevented by not switching to DST.

### **Why is permanent DST worse than permanent standard time?**

DST means that we wake up in darkness and are exposed to more evening light, especially in the western parts of each of the time zones. Adhering to DST throughout the year would result in even more hours of morning darkness during winter for many people. This makes waking up more difficult for everyone, from school kids to adults, and is likely to worsen conditions such as seasonal affective disorders. Darker mornings and brighter evenings will push the circadian system later, and thus lead to later sleep timing. However, work and school hours do not change, so these later sleep times will result in more sleep deprivation and social jetlag (internal misalignment). As already mentioned, sleep deprivation and social jetlag have negative effects on physical and mental health, including increased risks for diabetes, obesity, heart disease, depression, and some forms of cancer. Brighter days and darker nights are critical for a healthier population year round. Thus, DST should be abolished, and we as biological rhythms experts clearly favor permanent Standard Time (when the clock times matches sun times).

### **Have we done permanent DST before?**

In 1974, the United States decided to try permanent DST for two years, in order to save energy. At first, people were optimistic, with 79% in favor of the change. However, by February, after the first winter, support had dropped to 42%. This change of mind is likely due to the fact that waking up in the dark is harder. Keeping DST year-round also increases the duration of dark mornings in the winter! Most notably, energy savings were not seen under this permanent DST in 1974. In fact, permanent DST in 1974 in the US didn't make it for full two years: Congress rolled back the measure in a 383-to-16 vote, clearly demonstrating that this was a bad idea. Let's not replicate the errors of the past!

### **Is an increase in exercise during DST a good reason to stick to permanent DST?**

Currently, DST occurs in spring, and ends after the summer. Those times of year are typically associated with more outdoor activities because of warmer temperatures. Although it has been argued that DST is associated with more physical activity during the summer months, it is more likely that the change in season is responsible for changes in physical activity patterns. It is also noteworthy that there is no direct evidence suggesting that permanent DST would be beneficial for physical activity during the winter months. Conversely, keeping Standard Time throughout the year (rather than DST) will not affect the seasonality of warmer temperatures and longer evening light in summer. Thus, it is unlikely that locking into Standard Time instead of DST will abolish the positive effects of exercise during the summer months.

## *End the Switch and Support* **PERMANENT STANDARD TIME**

Every year, we make the switch between standard time and daylight saving time (DST) when we “fall back” to standard time in November and “spring forward” to DST in March. This annual switch is quite simply not good for our health. [Data clearly shows](#) that the **abrupt change from standard time to DST in March is associated with significant public health and safety risks**, including increased risk of adverse cardiovascular events, mood disorders, and motor vehicle crashes.

It’s critical that we enact legislation to get rid of the switch between standard time and DST. **However, permanent DST is not the answer. Instead, we should move to permanent standard time.** [Current evidence](#) supports the adoption of year-round standard time, which aligns best with human circadian biology and provides distinct benefits for public health and safety. This position is shared by more than 20 medical, scientific, and civic organizations, including the American Academy of Sleep Medicine, American Academy of Neurology, American College of Chest Physicians, American College of Occupational and Environmental Medicine, National PTA, National Safety Council, Society for Research on Biological Rhythms, and World Sleep Society.

**DST has been shown to lead to chronic sleep deprivation amongst adults and adolescents.** [Research has found](#) that adolescents get less sleep and had longer reaction times, increased lapses in vigilance, and increased daytime sleepiness following the switch to DST. These effects are especially pronounced in children with autism who are especially susceptible to chronic sleep issues. Permanent standard time is the best option for health.

**DST also leads to circadian misalignment** - a mismatch in the timing between our biological clocks and our work, school, and sleep routines. This misalignment happens

when we are waking up in the dark to go to work or school or getting late evening light that can adversely affect the body's ability to fall asleep by suppressing melatonin. Circadian misalignment has been correlated with detrimental health effects, including cancer, cardiovascular disease, Type 2 diabetes, and neurodegenerative disease.

**Congress previously enacted legislation to make DST permanent and repealed it less than a year later.** During the 1974 energy crisis, permanent DST was thought to save energy by decreasing the need for electric lighting in the evening. However, energy savings from DST appear negligible, as air conditioning needs often increase in the late afternoon in the summer and heating needs often increase in the morning in the winter. In addition, the dark mornings were very unpopular, with sunrise arriving in DC and New York around 8:30am and not until around 9am in Detroit and Indianapolis. Moreover, a number of children were fatally struck by cars as they made their way to school in the dark. Permanent DST was repealed by Congress less than a year after its implementation. The House vote to end permanent DST was 383-16 and the Senate agreed in a voice vote.

AASM supports elimination of seasonal time changes in favor of a fixed, national, year-round standard time, which aligns best with human circadian biology and provides distinct benefits for public health and safety. For additional information contact Eric Albrecht at [ealbrecht@aasm.org](mailto:ealbrecht@aasm.org) or AASM Washington Representatives Amy Kelbick at [akelbick@mcdermottplus.com](mailto:akelbick@mcdermottplus.com).



# Editorial: A wake-up call to ditch Daylight Saving Time

Published: Mar. 23, 2022, 6:15 a.m.

By [The Oregonian Editorial Board](#)

Maybe it was residual grogginess induced by losing an hour of sleep with the start of Daylight Saving Time last week. But the U.S. Senate, in a rare bout of unanimity, voted to make Daylight Saving Time permanent starting in November 2023. The question now goes to the U.S. House of Representatives to consider.

Hopefully, representatives will be more clear-minded than their Senate counterparts when they take it up. Because the bill should either be significantly changed or ditched altogether. A mountain of research shows [the detrimental health effects](#) of forcing our bodies to operate out of sync with the sun, including less overall sleep and increased risk of heart disease. For Oregonians, keeping our clocks set to Daylight Saving Time year-round would mean sunrise would not occur before 8 a.m. for 106 days each year, as [The Oregonian/OregonLive's Kristine de Leon](#) reported. While this has huge implications for all, it's especially concerning for children who would have to wake up and get to school in the dark. When the U.S. briefly adopted year-round Daylight Saving Time in the 1970s, the automobile-caused deaths of eight children in Florida as they headed to school in the dark prompted the governor at the [time to seek a reversal](#). Remember that's Florida – which sees more sunlight than the southernmost city in Oregon does from [late September](#) to [mid March](#).

Certainly, there's wisdom in doing away with the switch to Daylight Saving Time in March and back to Standard Time in November that most states observe. Both Oregon Sens. Ron Wyden and Jeff Merkley noted the desire to end the back-and-forth time changes that wreak temporary but certain havoc on people's lives in their decision to back the Sunshine Protection Act. And as Wyden's spokesman noted, the federal bill expressly gives states the ability to opt out of Daylight Saving Time, allowing it to remain on Standard Time year-round instead.

But that exposes another problem – and a lack of foresight by legislators. Oregon legislators in 2019 passed [Senate Bill 320](#) to make Daylight Saving Time permanent everywhere but in Malheur County, which operates in the Mountain time zone. The bill, which had a baffling mix of Democrats and Republicans on both sides, was signed into law by Gov. Kate Brown. The reason it hasn't already taken effect? Making the change permanent needs approval by Congress, something that may now be happening.

The Senate's passage of the Sunshine Protection Act should be – yes, we'll say it – a wake-up call. Oregonians should read the [position statement](#) from the American Academy of Sleep Medicine calling for an end to Daylight Saving Time. They can check out [this op-ed by Portlander Kindra Crick](#) from two years ago, when Oregon legislators first passed SB 320, that includes links to multiple research papers on the negative effects of Daylight Saving Time. They can read [de Leon's story detailing](#) just how many days that Oregonians would start their days in the dark and what little sunlight that buys us.

And then Oregonians should focus their energy on contacting their representatives in the U.S. House and their legislators in Salem. They should urge them to stop such an irrational change at the federal level and, failing that, make sure that Oregon reverses SB 320 and seeks an exemption to remain in Standard Time. The marginal benefit of an extra hour of light during a limited number of summer evenings is not worth the tradeoff of spending nearly a third of the year's mornings in darkness.

*-The Oregonian/OregonLive Editorial Board*



The state legislation, if passed, would be dependent on a congressional approval, which is sensible. Things would get confusing if Minnesota made this switch but other states did not.

Kiffmeyer's clock-flipping complaints are legitimate. The changes, as she said in a statement, are linked to a "statistical rise in car crashes, days missed from work, heart attacks and workplace injuries immediately surrounding the change. These issues emerge as a result of the sleep disruption and a chaotic transition."

Ending the twice-a-year clock change merits serious consideration. But the state and federal bills go beyond that to make DST permanent. That would be a mistake. If there is a shift, it should be to standard time.

The Star Tribune's archives help explain why. The 1974 change went into effect on Jan. 6 that year, trading darker mornings for afternoon daylight. On that day, the time change meant the sun rose in Minnesota around 8:50 a.m. (<https://sunrise-sunset.org/us/minneapolis-mn/2022/1>)

By Jan. 16, the Star Tribune was reporting two accidents that may have been linked to the unaccustomed morning darkness. In Duluth, a 3-year-old boy died when he and his mom were struck returning from a bus stop. In Austin, a car hit a crossing guard and two elementary students.

Parents were advised to add reflective materials to kids' coats. Local leaders called for later school start times to protect kids. Reports released nationally suggested energy savings were minimal. Not surprisingly, broad regret settled in. In October 1974, then-President Gerald Ford signed [legislation undoing \(https://www.smithsonianmag.com/smart-news/what-happened-the-last-time-the-us-tried-to-make-daylight-saving-time-permanent-180979742/#:~:text=In%20October%201974%2C%20President%20Gerald,planned%20two%2Dyear%20the%20change.](https://www.smithsonianmag.com/smart-news/what-happened-the-last-time-the-us-tried-to-make-daylight-saving-time-permanent-180979742/#:~:text=In%20October%201974%2C%20President%20Gerald,planned%20two%2Dyear%20the%20change.)

As the current Congress weighs DST 2.0, health experts are speaking out. If there is a permanent change, standard time is the clear choice. It provides more early daylight and most closely aligns with the body's natural wake-work-sleep rhythms. Misalignment has been linked to "increased cardiovascular disease risk, metabolic syndrome and other health risks," [according \(https://jcs.m.aasm.org/doi/10.5664/jcs.m.8780\)](https://jcs.m.aasm.org/doi/10.5664/jcs.m.8780) to the American Academy of Sleep Medicine.

Simply put, "It's better to have light in the mornings than the evenings," said [Dr. Conrad Iber \(https://med.umn.edu/bio/dom-a-z/conrad-iber\)](https://med.umn.edu/bio/dom-a-z/conrad-iber), a sleep medicine physician at University of Minnesota Medical School and M Health Fairview.

It's unclear why there's momentum this year behind the federal DST shift. A change that affects so many requires thoughtful consideration and solid evidence to justify it.

So far, both are in short supply. A pause, at the very least, is timely and necessary.

## Just Say No to Permanent Daylight Saving

Congress is once again toying with an idea that will likely make everyone miserable. There's a better way.

The **Editors** are members of the Bloomberg Opinion editorial board.

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When has the U.S. Senate ever moved faster?

In less than 30 seconds Tuesday afternoon, lawmakers unanimously consented to make daylight saving time permanent. The legislation never even came up for debate. Senators were apparently cranky enough about losing an hour of sleep last weekend to basically say they'd had enough.

In one sense, reform is welcome. Changing clocks twice a year – a policy adopted during World War I to conserve electricity – is disruptive to people's sleep and health. It's been associated with a rise in heart attacks, strokes and mood disorders; a spike in morning car crashes; and widespread discomfort, whining and unhappiness. By one estimate, the time shift costs the economy some \$434 million annually.

Sticking with the same time all year, then, would surely make sense. But why choose daylight saving time without a moment's consideration of the alternative?

Standard time is better aligned with the position of the sun and human nature. It generally synchronizes people's waking with sunrise and bedtime with darkness, in accordance with circadian rhythms. It also enables children and adults to go to school and work in daylight.

DST effectively does the reverse. By increasing exposure to morning darkness and evening light, it shifts body clocks later in the day and makes it difficult to fully wake up or easily fall asleep, a particular hazard for children. Having to be at school or work unnaturally early leads to "social jet lag," which is associated with a higher risk of obesity, heart disease and depression. As for conserving energy, the original rationale? Studies suggest DST may in fact do the opposite.

Of course, DST has its benefits. Some businesses – such as golf course operators and retail stores – may prefer giving customers an extra hour of sunlight on their way home from work. (Coffee shops might feel differently.) Added daylight also seems to be associated with a decrease in robberies and in evening car crashes. And many people simply prefer the extra afternoon light: In fact, a solid plurality of Americans now say they want to make DST permanent.

Perhaps they don't remember how unhappy everyone was the last time Congress imposed year-round DST, during the oil embargo of the early 1970s. Although the change was popular at first, late sunrises in the dead of winter soon weighed on people's minds. Energy savings proved negligible. Stories about children being injured or killed in accidents while walking to school in the dark gained national attention. Support for the initiative plunged by 37 percentage points in just three months. Congress soon reversed course entirely.

It will now fall to House lawmakers to once again determine the fate of daylight saving time. Before repeating a failed experiment, they should slow down and shed some more sunlight on this debate.

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## Mexico falls back but won't spring forward as summer time abolished

Congress votes to scrap daylight saving and just keep standard time, meaning end to changing clocks twice a year

**Lillian Perlmutter** *in Mexico City*

Thu 27 Oct 2022 05.30 EDT

**P**edro López, an office worker in the Mexican state of Veracruz, gets up before dawn, and drives in the moonlight an hour and a half to his job. “Leaving my house in the dark every single day and driving under the moon is horrible, especially in a landscape as beautiful as Veracruz,” he said.

But, for half a year at least, he'll be driving in the sunlight. **Mexico's** congress voted on Wednesday to abolish summer time, and when Mexicans set their clocks back this weekend, it will be for the last time. In March, they will not be turned forward.

López is among the 40% of Mexicans who recent polls suggest support the change; 35% oppose the shift. “I assume it depends on what kind of work schedule you have, but I think for the majority of us in the middle class, returning to God's schedule will be magnificent,” López said. (In the winter months, shorter days mean he'll still have to make his commute in the dark.)

Mexico is just the latest in a string of countries, states and territories **contemplating an end to the annual round** of “spring forward, fall back”.

One study, published by the National Autonomous University of **Mexico**, found that summer time only saved the country 0.16% in energy costs per year, and led to various negative side effects among the population, such as difficulty paying attention at work and school.

While American summer time, called daylight saving time, runs from March to November, Mexico has held summer time from March to October since 1996. This creates an odd purgatory for several weeks every six months when Mexico City does not align with the Central Time Zone.

The outliers to Mexico's schedule are the northern state of Sonora, which follows Arizona's specific schedule, and Quintana Roo, which keeps American daylight saving time to ease the experience of tourists at Cancun resorts. These states will continue their current practices under the new law.

Adding another element of confusion into the new regulations, large cities that border the United States, such as Juárez, Tijuana and Mexicali, will continue to use American daylight saving time to ease commerce. Driving just several kilometers outside the city will set the clocks back an hour for half the year.

Martha García, a massage therapist in Nuevo Laredo, one of the affected cities, said the exception makes sense, despite the inconvenient divide between urban and rural areas. “Of course it will affect us, keeping a different time than the interior of the country, but it's important to understand that our everyday lives and work are already more connected to the United States.”

Bety Beza, an administrative worker in Monterrey, Nuevo León, said she thought summer time brought zero advantages with its promise of more light. “It only made it so I had to wake up even earlier to work. The new law won't just affect my life, it will benefit my life,” she said.

## DAILY WIRE

# Return To God's Time By Rejecting The Senate's Plan To Make Daylight Saving Time Permanent

By **Tim Meads**

Mar 15, 2022 DailyWire.com

Not only can the American people be bribed by Congress with their own money in the form of handouts and COVID-cash, it appears we can even be bribed by our very own time. On Tuesday, a bipartisan duo of Senators Marco Rubio (R-FL) and Sheldon Whitehouse (D-RI) introduced the "Sunshine Protection Act." Currently, Americans are in Daylight Saving Time from March through November. From November through March, we're in Standard Time. Under the Sunshine Protection Act, we would not revert back to Standard Time in November 2023. It would make Daylight Saving Time permanent forever.

After unanimously passing the Senate, it now heads to Congress for final approval before making its way to President Joe Biden's desk, if approved.

It is being widely praised, but a look at God, government, and science would tell us this bill is not what is needed. We should do away with changing our clocks twice a year, but our country needs to be on Standard Time forever due to some critical reasons of health, national pride, and in accordance with God.

A look at the history of Daylight Saving Time would lead one to conclude that the federal government screwed all of this up in the first place. Their new plan would irrevocably put the country on an artificial time contrived by government busybodies who should have never gotten involved with it to begin with.

Let us start with something right away – contrary to popular belief, American farmers were not behind the impetus for Daylight Saving Time. They actually hated it.

Why?

Well, Cows don't care what time the clock says or if it is dark or light. They need to be milked when they need to be milked. The introduction of Daylight Saving Time – moving the clock ahead one hour for more light in the evening – meant that farmers were tending the cows in the dark in the early morning.

So, if farmers were not behind it, then who was? Like all unholy things, it was a marriage of big government in bed with big business.

Throughout the 19th century, there wasn't exactly a standard time in the United States, The New York Times recently reported. In Boston it could be 12:15, then 12:10 in New York City, and so on and so forth.

But with the advent of the railroads, that made selling tickets and planning arrival and departure times rather difficult. So – in an effort to stave off government interference on the matter – the railroad industry implemented its own timezone and standard time.

According to The New York Times, Evangelical Christians were largely opposed to it. They felt that it was messing with the natural order of things and the railroads had no place doing so, but it didn't matter.

That business-oriented concept of time stuck until 1916 during World War I. Germany instituted Day Light Saving Time to save energy costs by having more daylight hours.

Western nations soon followed and in 1918, the United States Congress, in a moment of globalist fervor, said, "Not a bad a idea, let's be like the rest of the world!" They took over time zones and implemented a Daylight Savings plan, which was the

first year Americans lost sleep in the spring.

According to historian, Michael Downing, the move was not popular:

*"When the Congress poked its finger into the face of every clock in the country, millions of Americans winced," Downing wrote. "United by a determination to beat back the big hand of government," daylight saving time opponents "raised holy hell, vowing to return the nation to real time, normal time, farm time, sun time – the time they liked to think of as "God's time.""*

But remember, if pros and cons are opposite, then the opposite of progress must be Congress.

The federal government barreled ahead with it for the most part for one year but actually allowed states to decide whether to adopt the matter altogether beginning in 1919 until World War II. Then, DST was re-implemented federally. In 1966, Congress formally adopted the Uniform Time Act to make the change from DST-ST permanent.

A version of that bill has dictated to all Americans for half of a century how to set our clocks.

But, Rubio and Whitehouse's bill looks to end it by making DST permanent, with some exceptions. Standard Time, or natural time, would for the most part be abolished.

Now, we have talked about God, and we've talked about people who think they're gods (the government), but what do scientific experts have to say on the matter? Do they agree with the Rubio and Whitehouse bill?

Not all of them do. Some experts believe that DST is dangerous because it disrupts the natural circadian rhythm. In other words, some doctors believe our body is more naturally in sync with Standard Time.

"In the spring, you are essentially losing an hour of sleep when that clock moves forward in the middle of the night," Dr. James Wyatt, a clinical sleep disorder specialist at Rush University Medical Center, recently told PBS.

"But another thing that happens is that you are waking up at an earlier time relative to your body's circadian system. You are trying to be awake with sleep deprivation at an earlier clock time. And then the circadian system thinks it's daytime," Wyatt said. "Fundamentally, [daylight saving time] is putting more strain on your body causing heart attacks and strokes."

Dr. Sabra Abbott, a sleep medicine specialist at Northwestern Medicine, concurred with that assessment.

"It is much healthier to get more of that light in the morning than in the evening," Abbot advised.

"There are a lot of studies that show that if you live in the Western side of the time zone, where you are getting less of that morning light, there are higher rates of cancer, depression rates go up if you don't have that morning light," she continued. "So, as a community, the sleep field feels like standard time year-round is the best approach."

So there you have it. The Rubio and Whitehouse plan to make DST permanent is an abomination to Americans, science, and morality. It seems as if the government is doing something good. But they aren't. They're forcing everybody to jump aboard a concept of time that it created in the first place.

The bill should be amended to make "standard time" – not DST – permanent. That is the natural order of things.

A keen reader might be saying, "Well, wait a minute. Evangelicals were opposed to timezones as a whole. Shouldn't we get rid of those, too, to be on so-called God's time?" Well, the author of this piece is Catholic, not a fundamentalist, so that ecumenical difference is going to have to be compromised, lest a religious debate in the comments section breakout.

In short, let's not be bribed with our own time. The government took it, now they're trying to give a cheapened version of it back.



# #EndDST

Changing the clocks is anti-health, anti-science, and anti-family.



Scott Lincicome

Oct 27, 2021

Dear Capitolisters,

In the coming days, tens of millions of Americans and their children will participate in a silly, unhealthy annual ritual rooted in mysticism and superstition. And they'll also celebrate Halloween.

The silly ritual to which I'm referring, of course, is our semiannual tradition of changing the clocks to accommodate daylight saving time (DST)—an onerous state time mandate detrimental to public health and safety, manipulated by corporatists, supported by a handful of childless insomniac socialites, and based on so-called “science” debunked decades ago. Indeed, even the name “daylight saving time” is a lie: The ritual merely shifts time; it doesn't save anything—except, perhaps, a few jobs on K Street and in the [Florida leisure industry](#).

And so, my friends, it's time I provided a full-throated explanation of why DST should be eliminated, *before* it's too late.

(i.e., next Sunday.)

## DST: A Classic Case of Government Failure

Perhaps the easiest and most obvious criticism of DST is that the policy has utterly failed to achieve its primary aim—energy conservation. Originally adopted in 1918 during World War I, reinstated during World War II, and finally made permanent under the Uniform Time Act in 1966, DST was intended to (somehow) save electricity by requiring less light in the evenings. However, real-world studies repeatedly have shown that DST not only doesn't conserve energy, but may actually *waste it*. For example, a 2008 [study](#) from the National Bureau of Economic Research found that DST increased residential electricity demand in Indiana by about 1 percent, as reduced demand for lighting was more than offset by increased demand for heating

and cooling, especially in cold-morning Octobers. The policy therefore cost Indiana households an extra \$9 million per year, plus annual “social costs of increased pollution emissions that range from \$1.7 to \$5.5 million”—costs that the authors predict are likely even higher in other parts of the United States. Indeed, DST’s net energy drain is probably even bigger today, as it’s been extended into November (thus raising heating/cooling costs) while electricity savings from keeping the lights off have shrunk because today’s light bulbs are more efficient (and thus cheaper to keep on).

A separate study from Australia made similar conclusions, finding that decreased lighting use in the evenings was offset by increased use in the mornings. And that’s just electricity. Other studies show that DST could increase other types of energy consumption. For example, a 1993 study found that DST causes both “a rise in evening traffic and ... an increase in fuel consumption and hence a higher pollution level in the atmosphere,” as well as “a rise in secondary pollutants” due to shifted traffic patterns. Others have found the same. Overall, there’s no evidence that DST significantly decreases energy consumption.

Despite this policy failure, DST not only persists but actually has been repeatedly expanded to cover more and more of our year, thanks—as Michael Downing, author of *Spring Forward: The Annual Madness of Daylight Saving Time*, explains—to intense lobbying by the U.S. industries that benefit financially from lighter evenings. Contrary to the conventional wisdom, however, it wasn’t farmers who wanted DST—they actually opposed it because they “now had an hour less of morning light to milk their cows and get their goods ready for market, let alone for commuters or children waiting for school buses in the dark.” Instead, the original, post-war implementation of DST was driven by the oil and gas companies that enjoyed the additional gasoline consumption. The gas and fuel industries were then joined by the golf, home improvement, and barbecue/patio industries to lobby for the 1986 expansion of DST from six to seven months, because each industry gained hundreds of millions in additional sales revenue each year because of the extended evening daylight hours. Finally, the 2005 expansion of DST—from seven months to eight (second Sunday in March to first Sunday in November)—was driven by the National Association of Convenience Stores (NACS) and U.S. candymakers, each of which wanted Halloween to occur during DST because it boosted candy and, again, gasoline sales. “It gave the children more time to trick or treat and eat more candy ... and the NACS credits that extra month of daylight saving with a \$1 billion increase in annual [gasoline] sales.” (Big Candy also supported the 1986 expansion but had to lobby for another two decades before achieving the Halloween breakthrough.)

As we've discussed, political pressure has long kept many U.S. government programs afloat for decades after they've been proven to be "unqualified failures." DST is no different.

## DST Is Anti-Health and Science

The policy also imperils Americans' health and safety. For starters, the semiannual time change results in all sorts of maladies in the days thereafter: car crashes and pedestrian deaths; workplace injuries; heart attacks and strokes; depression; and "adverse medical events" because of "human error." (*Mental note: Don't get hurt/sick on time-change weekends.*)

A switch to permanent DST, moreover, wouldn't solve many of the policy's current risks. For starters, dark mornings caused by DST in April and October endanger millions of children forced to wait for the school bus before sunrise. Indeed, "when temporary, year-round DST was adopted in response to an Organization of the Petroleum Exporting Countries (OPEC) oil embargo, increased fatalities among school-aged children in the morning were noted between January and April. These findings may be due to darkness lasting longer in the morning when children are traveling to school, while other factors also may be at play."

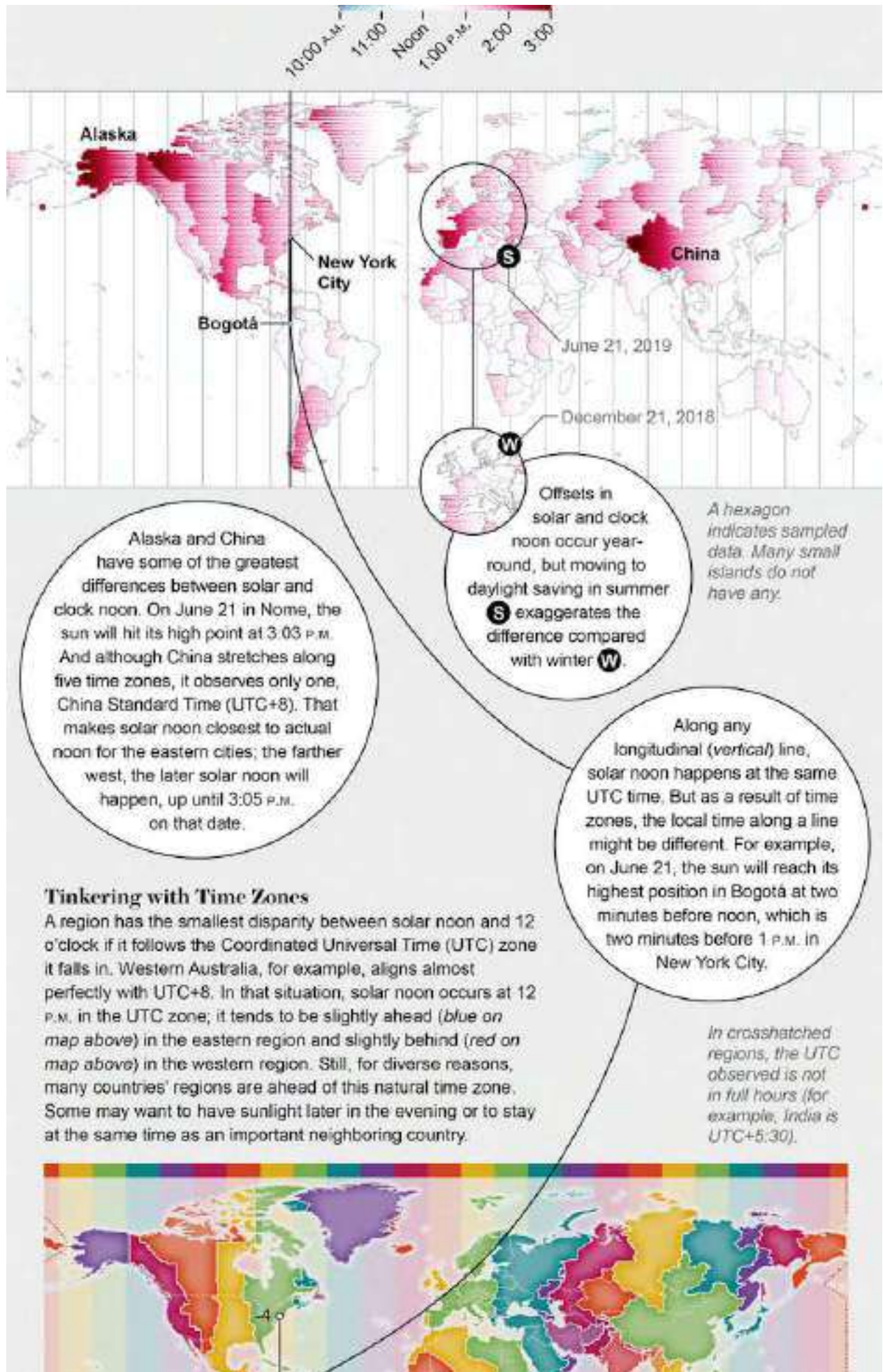
Dead children. *My God.*

DST also causes health problems for adults because it screws with our natural circadian rhythms. As the Wall Street Journal explains:

The fall-winter clock, known as standard time, is closer to the sun's natural rise and set, meaning it is more aligned with our internal clocks that tell us to sleep at night and wake at daylight. When clocks spring ahead in March and daylight lasts longer in the evening, the cues to go to sleep come later than our biological clocks are accustomed to, says Till Roenneberg, a sleep researcher and professor of chronobiology at the Ludwig Maximilian University of Munich.

Put another way, timekeeping (and, thus, our clocks) evolved over centuries to have the sun peak overhead at noon in most places, but DST radically shifts the clock so that the sun peaks much "later" in the day—thus screwing with our internal clocks. As shown in the following chart, for example, DST causes the sun on June 21 (the longest day of the year) to reach its proper, *noontime* position at *almost 3 p.m.* in several parts of the country:







Given how this disrupts our biological clocks, many health experts, chronobiologists, and medical organizations have called for DST's elimination. In fact, the American Academy of Sleep Medicine—joined by dozens of other, very reputable medical organizations—last year published a detailed “position statement” in the prestigious *Journal of Clinical Sleep Medicine* advocating a change to permanent standard time because it is “best aligned with human circadian biology and has the potential to produce beneficial effects for public health and safety.” They further cite the scientific research to back their position up:

DST is less well-aligned with intrinsic human circadian physiology, and it disrupts the natural seasonal adjustment of the human clock due to the effect of late-evening light on the circadian rhythm. DST results in more darkness in the morning hours, and more light in the evening hours. Both early morning darkness and light in the evening have a similar effect on circadian phase, causing the endogenous rhythm to shift to later in the day. There is evidence that the body clock does not adjust to DST even after several months. Permanent DST could therefore result in permanent phase delay, a condition that can also lead to a perpetual discrepancy between the innate biological clock and the extrinsic environmental clock, as well as chronic sleep loss due to early morning social demands that truncate the opportunity to sleep. The chronic misalignment between the timing of demands of work, school, or other obligations against the innate circadian rhythm is called “social jet lag.” Studies show that social jet lag is associated with an increased risk of obesity, metabolic syndrome, cardiovascular disease, and depression.

Real-world experiments with permanent DST confirm these harms, which outweigh any possible public safety benefits (benefits that a few more streetlamps could also achieve, by the way). Russia, for example, “tried to go on permanent summer time, but changed to permanent winter time in 2014 after the summer-time-in-winter change gave people stress and health problems when it stayed darker for longer during winter mornings.”

But, hey, at least Big Candy is happy.

## DST Is Anti-Family

Misguided DST advocates often claim that unnaturally light evenings benefit children because they can play outside later, but this argument falls flat for several reasons. First, as already noted, DST's dark mornings endanger these same children—put simply, little Timmy can't play baseball at 9 p.m. if he's been permanently maimed in a morning bus accident. Second, DST's time-changes, dark mornings, and bright evenings make it harder for parents to get their kids up for school or to bed at night—decreasing the children's sleep quality, destroying meticulously scripted sleep schedules, and dramatically increasing family strife (trust me). None of this is good for kids' or parents' health or sanity—no wonder, then, that parents (well, the *good ones*, at least) hate DST with such a passion.

Finally, the kids would still have plenty of time to play in the evenings during the months most amenable to outside play. As this *Washington Post* example shows, for example, dusk would still be after 6 p.m. between March and September and after 7 p.m. May through August. (And it wouldn't be truly dark for even longer.)

### Sunrise and Sunset in D.C. without DST

(Orange = change from current schedule)

Date	 	 
Jan. 1	7:27 am	4:57 pm
Feb. 1	7:14 am	5:29 pm
Mar. 1	6:40 am	6:01 pm
Apr. 1	5:52 am	6:32 pm
May 1	5:10 am	7:00 pm
Jun. 21	4:43 am	7:37 pm
Aug. 1	5:09 am	7:19 pm
Sep. 1	5:37 am	6:38 pm
Oct. 1	6:04 am	5:50 pm
Nov. 15	6:50 am	4:54 pm
Dec. 21	7:23 am	4:49 pm

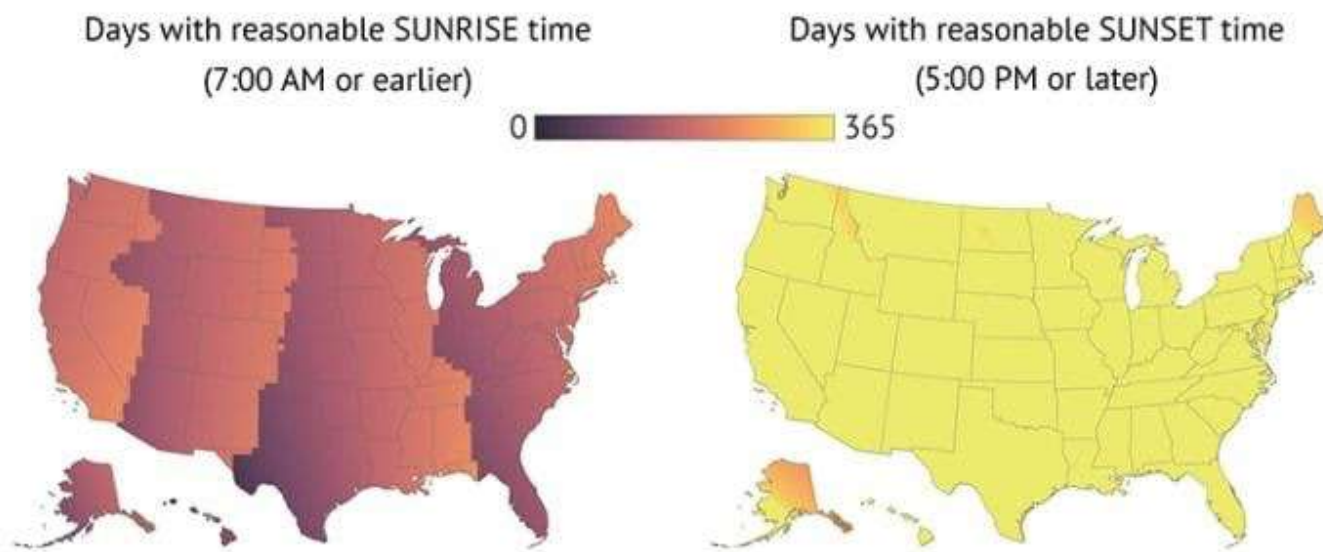
By: Justin Grieser

Source: timeanddate.com

Sure, some late-night revelers who overindulged might struggle with a few light mornings in the summer, but personal suffering is often the only way to learn needed life-lessons, and that's what blackout curtains are for, anyway.

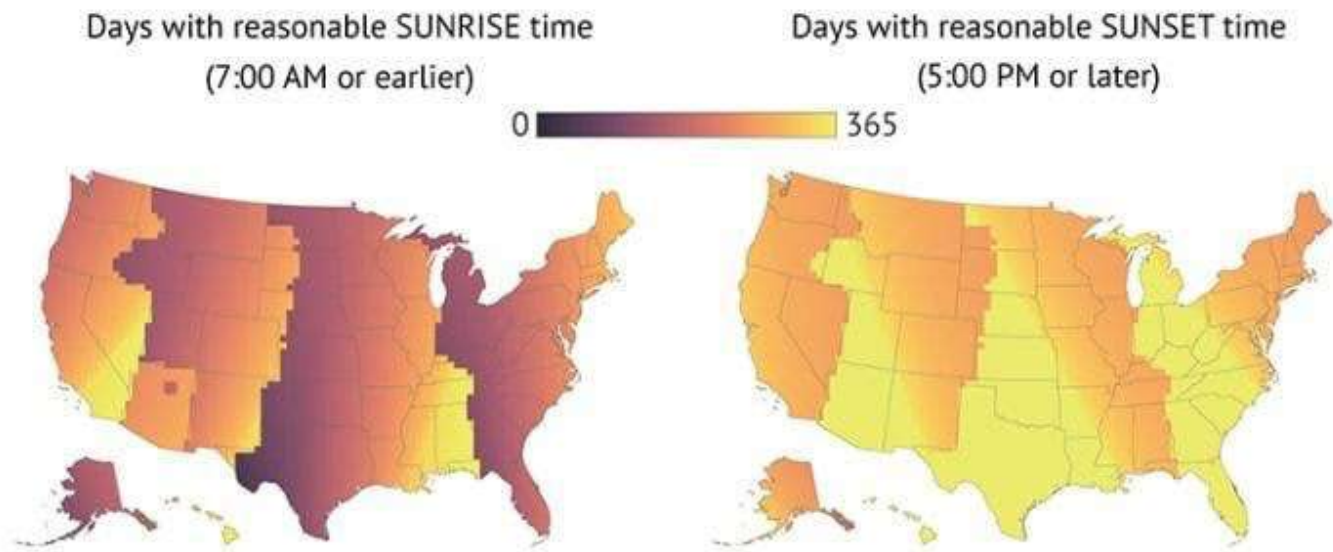
As an aside, the table above gets to two massive errors that today's DST zealots usually commit, *i.e.*, that standard time *causes* shorter days instead of just aligning clocks with the sun and human biology, and that DST is more reasonable because it reflects most Americans' waking hours. The former claim is flat-earther nonsense that ignores the earth's tilt and thus deserves no further mention. The latter claim, on the other hand, might *seem* more legitimate but turns out to be equally absurd. As this excellent analysis (with interactive maps!) shows, in fact, there are far more unreasonably dark mornings under permanent DST than there are unreasonably dark evenings under permanent standard time—even when using a far-too-late 7 a.m. start to the day:

## If Daylight Saving Time were always in effect



Even the current system—with the time changes and their myriad health/safety problems—severely disadvantages reasonable mornings in the vast majority of the country:

## Daylight Saving Time as currently observed



It's thus a myth that DST is somehow a “fair” or “reasonable” balance between productive families who need lighter mornings and lollygagging singles who want to do Lord-knows-what all night. The system is heavily biased toward the latter.

No wonder American birth rates are falling.

### DST Is Anti-Economy

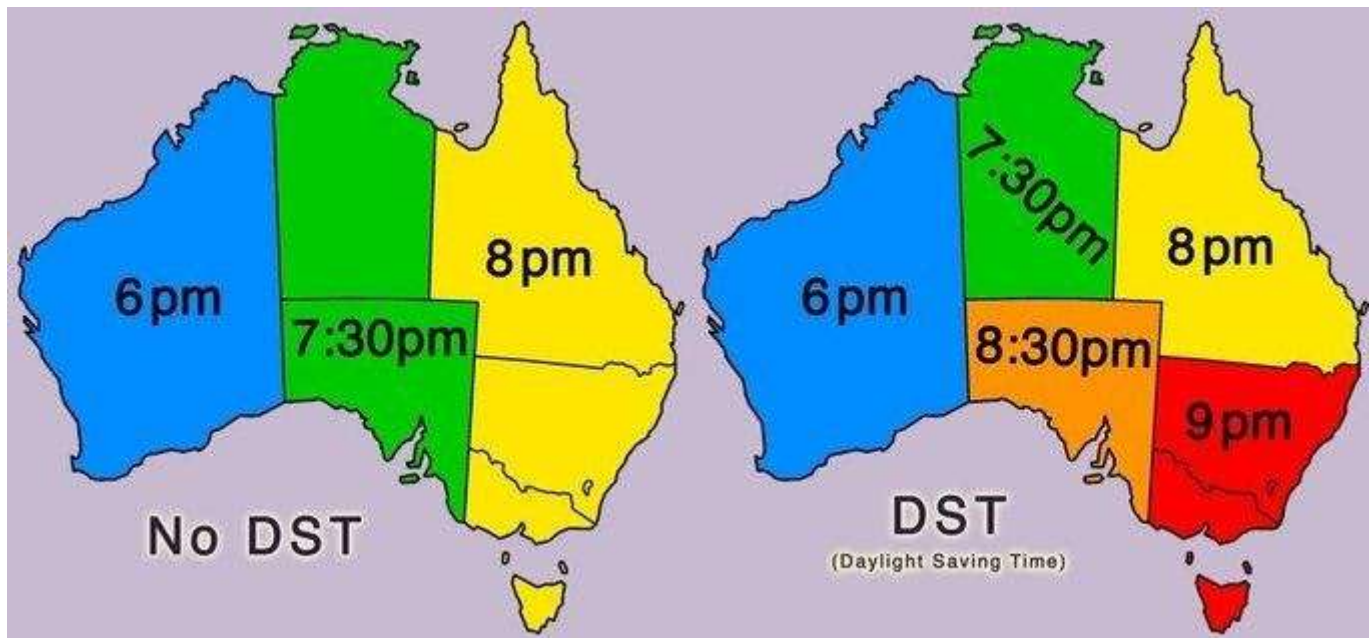
DST's supposed economic benefits have also been wildly oversold. Sure, the fat-cat golf industry and its leisure industry co-conspirators might benefit from unnaturally light evenings, *but* those “gains” come at many others' expense. For starters, companies that could benefit from longer, lighter mornings—cafés, fitness centers, airports, etc.—are on the losing end of this redistribution, forced to enrich the leisure cronies with their hard-earned business. Then there are the broader economic harms. The semi-annual time switch, for example, is associated with decreased workplace productivity (“cyberloafing”), missed workdays due to injury, financial market losses, and harsher criminal sentencing by sleep-deprived judges. Thus, researchers have found that DST's time change alone costs the American economy hundreds millions of dollars each year—and “we don't regain that productivity when the fall change adds an hour to our schedules.”

It's all but certain, moreover, that DST's permanent health harms (e.g., the aforementioned “social jet lag”) also undermine American workers' performance. Indeed, research shows that adults' peak productivity and analytical performance occur in the morning (thanks again to

those circadian rhythms), while mundane tasks are best left to the afternoon. National surveys show much the same, with workers' peak productivity time occurring before noon in all but four states (and none after 3:30 p.m.). DST's anti-morning bias thus likely harms national productivity (and thus the economy), even after the time-change fatigue wears off. (Sure, this doesn't apply to a few weird night owls, but studies show they just never matured.)

## The Slippery Slope

Finally, there is the continued risk that the government—funded by Big Business and drunk with power over *time itself*—takes its interventions too far, with dangerous or even absurd results. Don't believe such a slippery slope exists in this case? Well, then feast your eyes upon what Australia just did:



A simple return to time originalism (aka, permanent standard time)—and thus a commitment to keeping our clocks as closely aligned to nature as possible—is the only way we can eliminate the incentive for K Street lobbyists and Beltway Insiders to do something equally ridiculous.

## Summing It All Up

Daylight saving time hasn't achieved its primary public policy goal—energy conservation—and may actually undermine it, imposing significant environmental, health, safety, family, and economic harms along the way. Despite these facts, lobbying by powerful industry groups and a handful of late-sleeping lollygaggers not only has protected this failed government program, which annually steals an hour of our lives and months later returns it interest-free, but has

actually *expanded* it—thereby thrusting tens of millions of American workers and families into abject darkness for even longer.

Cynics might say that change here is impossible, that the forces of Big Business and American political dysfunction are too strong to overcome, but such pessimism ignores history both here and abroad. Countries around the world, for example, have ditched the practice in recent years, and Europe could be next: In 2018, the European Parliament voted 384-153 to review “whether Daylight Saving Time is actually worth it,” due to “growing dissatisfaction” with the system. Here at home, Americans have beaten back the DST menace not once, but twice—abandoning it after WWI (“it proved unpopular”) and again in the 1970s, after those unfortunate bus stop accidents.

Let’s hope that it doesn’t take even more needless harm to our children before we act again.