



SAVE STANDARD TIME

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

2024 January 12

House State Government Subcommittee
The Iowa Legislature
Des Moines, Iowa

Re: **No on HF 498** – Unless amended as H-1125 (Srinivas) proposes.

Dear Representatives Bossman, Matson, and Sexton,

Please oppose HF 498, permanent Daylight Saving Time (**fast time**), which has repeatedly failed with loss of money and lives. Please amend to permanent Standard Time (**natural time**), in the interest of health, safety, education, and economy for schoolchildren, commuters, and outdoor laborers, as proposed by Representative Srinivas in H-1125.

Scores of organizations—representing millions of researchers, physicians, teachers, parents, journalists, and community leaders—oppose permanent 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, editorial boards of *Bloomberg*, *Star Tribune*, *Oregonian*, *Sun Sentinel*, writers from *Cato*, *Daily Wire*, *Breaking Points*, and many more.^{[AASM][AMA][Bloomberg][CSS][Enjeti][Lincicome][Meads][Oregonian][SRBR][Star Tribune][Sun Sentinel]}

Permanent DST is prohibited by the Uniform Time Act (15 USC §260a); it **cannot end clock change quickly**, as most voters wish. It would **delay sunrise** in Iowa past **8am** (when most school/work begins)^{[CDC][Silver]} for **over three to four months** (as late as **8:58am**). It increased **deaths** and **injuries**, especially of children, when last attempted in the US.^{[Ripley][SehIstedt]} It would force constituents to wake an hour early relative to solar time every week-day all winter. **Iowa rejected permanent DST in 1974**, and it failed in several other years and places.^{[BBC][Congress][Ripley][Yorkshire]} It would deprive morning light needed by **farmers, construction workers**, and other outdoor laborers.^[Schlanger] It would revert benefits of starting school later.^{[Cell][Skeldon]} It would **delay radio broadcasts** of morning news until most people have begun work.^[Stine] It would increase need for **morning heat** and **evening air conditioning** in homes.^[Kotchen] It would disrupt worship for those who pray daily at sunrise.^[Agudath] Moving clocks to DST acutely deprives sleep; leaving clocks on DST **chronically deprives sleep** (average 19 minutes nightly).^{[Giuntella][Roenneberg]} DST's delayed sunrise significantly increases accidents, **disease** (cancer up 12–36%), and healthcare costs. It significantly decreases **learning, productivity**, and **earnings** (wages down 3–5%).^{[Gibson][Giuntella][Gu][Roenneberg]}

Permanent Standard Time instead is approved by the Uniform Time Act; it can end clock change quickly. It would keep sunrise before 8am, for health, safety, and prosperity. Permanent Standard Time has been observed for decades in **Arizona, Hawaii**, all five US territories, and most nations. Most of **Mexico** restored permanent Standard Time last year, and more states have permanent Standard Time bills than ever before. Permanent Standard Time would protect start times for **schoolchildren** and **essential workers** (farmers, police, firefighters, commercial drivers, transit operators, healthcare personnel, teachers) by letting most sleep naturally past sunrise most days.^{[Borisenkov][Cell][Schlanger][Skeldon]} Its benefits to circadian health would improve immunity, longevity, **mood**, alertness, and performance in **school, sports, and work**. It can **prevent traffic deaths, lower crime, and reduce chronic illnesses**.^{[AASM][Juda][SRBR]} Standard Time is the **natural clock**, set to the sun (also known for this reason as **God's time**).

Please hear the nonpartisan consensus of history and science. Save time, money, and lives. Please **oppose HF 498** (permanent Daylight Saving Time), **unless amended** to permanent Standard Time such as **by H-1125**.

Sincerely,



Jay Pea
President

jay@savestandardtime.com

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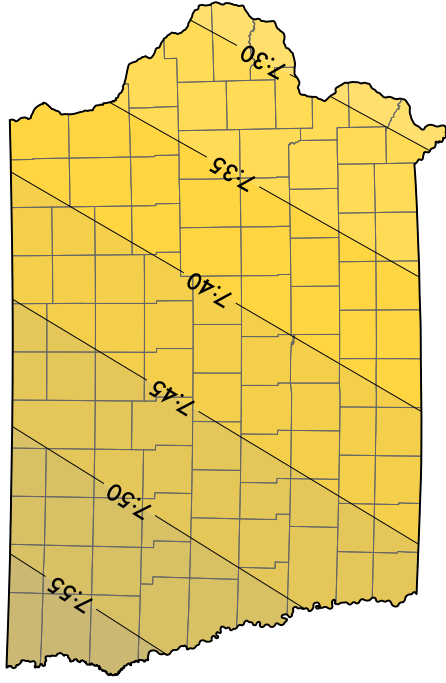
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DAYLIGHT SAVING TIME MAKES SUNRISE TOO LATE

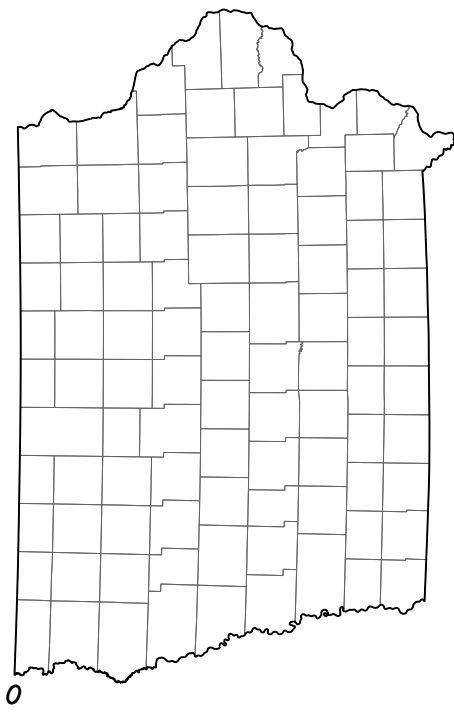
Most work and school in the United States starts at or before 8am. Latest winter sunrises occur from late December to mid-January. Morning sunlight is essential to health, mood, safety, education, and productivity.

PERMANENT STANDARD TIME (NATURAL TIME)

Time of Latest Sunrises

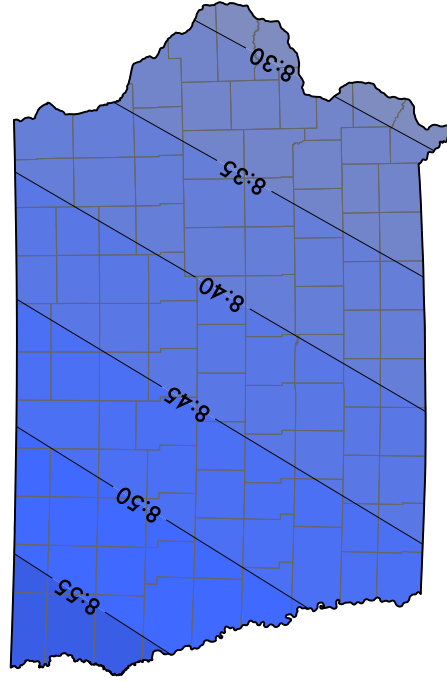


Days with Post-8am Sunrise

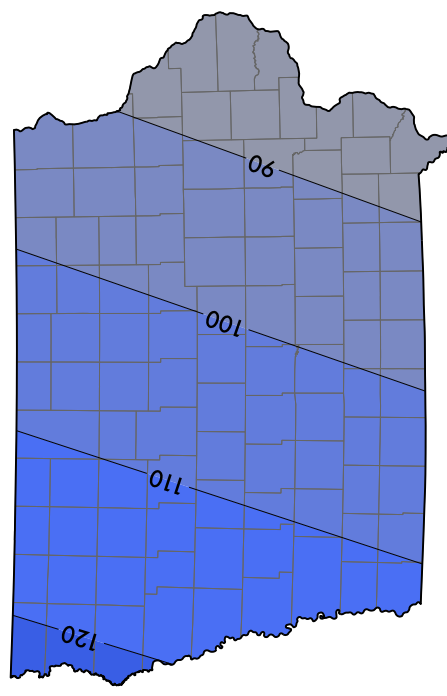


PERMANENT DAYLIGHT SAVING TIME (FAST TIME)

Time of Latest Sunrises



Days with Post-8am Sunrise



No to Permanent Daylight Saving Time. Yes to Permanent Standard Time.

Permanent DST forces us to work/school in darkness. It increases accidents, illnesses, and depression. It is federally prohibited. It has failed repeatedly. It has cost money and children's lives.

Permanent Standard Time lets people see morning light. It's best for health, safety, education, economy. It is federally approved. It is most widely endorsed. It has the most lasting popularity.

"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

 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 country needs to be on Standard Time forever, due to health, national pride, and in accordance with God..."

"The plan to make Daylight Saving Time permanent is an abomination to Americans, science, and morality."

Tim Meads, Reporter & Opinion Writer, Daily Wire

<https://www.dailywire.com/news/meads-return-to-gods-time-by-rejecting-the-senates-plan-to-make-daylight-saving-time-permanent>

 SAVE STANDARD TIME

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://fivefourtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

No on HF 498, Permanent Daylight Saving Time Amend to Permanent Standard Time

Iowa rejected permanent DST when it was implemented by Congress in 1974. Permanent DST delays sunrise past 8:40am in central IA, past 8:55am in northwest IA. Its dark morning threaten lives and disrupt business. Congress reverted the nation to biannual clock change (summer DST, winter Standard Time) later in 1974.

Health and safety need morning sunlight, which only Standard Time can provide in winter.

US Senator from Iowa Led Repeal of Permanent DST in 1974

CONGRESSIONAL RECORD

January 28, 1974

By Mr. CLARK (for himself, Mr. BENTSEN, Mr. MANSFIELD, Mr. HELMS, Mr. MOSS, Mr. COOK, and Mr. NUNN):

S. 2896. A bill to terminate the Emergency Daylight Saving Time Energy Conservation Act of 1973. Referred to the Committee on Commerce.

Mr. CLARK. Mr. President, the Senator from Montana (Mr. MANSFIELD) and I today have introduced a bill to terminate the Emergency Daylight Saving Time Act.

Recent events have pointed clearly to the need for a reassessment of the switch to daylight saving time.

When we agreed to change to year-round daylight saving time in December, it was in the midst of great concern about the severity of the energy crisis and predictions of cold homes and no gasoline.

Daylight saving time seemed like a quick way to save energy—with little or no cost to anyone. But the cost can be very high. Several schoolchildren in Florida have been killed in the dark, as we heard just minutes ago, and there are many more examples of hardship, injury, and inconvenience.

Another reason for passing daylight saving time was its potential for joining people together in an effort to save energy. My experience in Iowa has indicated that it is doing anything, but joining people together. It is creating more anger and frustration than any other single energy conservation measure.

I just spent most of this month traveling from county to county throughout the State of Iowa, holding some 25 separate meetings, where people came and talked about the problems of the country. The energy situation in general and DST in particular came up more than any other issue.

Original estimates late last year were that we might save 1 to 3 percent of our energy. Now that appears to be an exaggeration. The Federal Power Commission indicates that there is probably only about a 0.2-percent saving of energy consumption from daylight saving time. A report on energy savings from DST is not expected until June. So, we still do not have any figures on how much has been saved in the last 3 weeks.

But the results are already in on the dangers it can cause.

We should recognize that we may have made a mistake with emergency DST, and that is why I am introducing this bill today to repeal it. This bill will give us a vehicle to reexamine the evidence both for and against year-round daylight saving time. We may well have acted precipitately.

<https://www.congress.gov/bound-congressional-record/1974/01/28>



PERMANENT DAYLIGHT SAVING COST LIVES & MONEY IN 1974

Schoolgirl Hurt; Accident Blamed On Time Change

ARDMORE (AP) — Daylight Saving Time was blamed Wednesday for the injury of a 7-year-old girl. School superintendent Bill Ware said Faritta Gates was struck by a car as she ran across a street to catch a school bus at 8 a.m. The driver of the car said he didn't see the girl in the darkness. Ware ordered classes started a half hour later beginning Monday. The girl was reported doing well at a local hospital with head and arm injuries and a broken leg.

Bids to kill daylight time heard

By ALBERT SEHLSTEDT, JR. Washington Bureau of The Sun
Washington—There were serious moves in Congress yesterday to repeal year-around daylight saving time, which went into effect only three weeks ago as an energy-saving measure. Congressmen in both houses expressed concern over schoolchildren who have been endangered on roads and highways during the dark morning hours of winter.

Children's deaths spur bid to repeal daylight saving

DAYLIGHT, from a one-day session solely to deal with the daylight saving time issue. In the United States Senate, Marlow W. Cook (R., Ky.) rose in support of repealing the year-round daylight saving plan, cleared by Congress December 14, and cited the Florida deaths, plus a reported increase in sexual assaults on youngsters in Minnesota and problems in other states. Senator Dick Clark (D., Iowa), sponsor of one of the bills to repeal the daylight measure, said it was the No. 1 issue he confronted when traveling in his home state during the Christmas recess. "I think it's time we recognize we may well have made a mistake," Senator Clark told his colleagues.

School children, workers

Daylight saving move leaves many in dark

Darkness reigned for an extra hour this morning on the first work day under new daylight saving hours invoked Sunday to conserve the nation's energy. For day-shift workers who normally rise at 6 a.m. to begin work at 7 a.m. there was little difference. Industries here reported no more than the usual Monday morning absenteeism and lateness. Children, however, had to meet their school buses in darkness, confronting traffic still relying on headlights. School officials said there were no accidents, school buses were on time and their fears of trouble were unfounded—for today at least. Robert W. Maroni, assistant superintendent of North Adams schools, said there has been an intensive safety campaign at all schools in preparation for the time shift because officials "are deeply concerned" about traffic dangers in the darkness.

Business at all the morning coffee shops was normal except at the Dunkin' Donuts shop on Union Street where a spokesman said, "It's been one of the worst days we've ever had." Or so it seemed until he checked cash sales which were only slightly below normal rates for a Monday. He said,

nonetheless, that customers were fewer—especially young people. He said even traffic at the busy intersection of Union and Eagle streets seemed below normal. Business at the Capitol restaurant and the Wm. Tally House was only slightly less than normal. The only difference made by daylight saving hours was common grumbling about having to rise in darkness. Business was usual at Nasasi's professional pharmacy coffee bar where most customers said only that the time shift came suddenly for them. There were some complaints about city street lights still being on, despite the widespread effort to conserve energy. There was general uncertainty

8 bills in House

Senator Robert Dole (R., Kan.), also sponsoring a repealer, said the daylight bill passed in December had little in-depth study. The majority leader, Senator Mike Mansfield (D., Mont.), said he was appalled by the Florida deaths and urged the Senate Commerce Committee to give repeal legislation its immediate consideration. On the House side of Capitol, there are eight bills before the Commerce Committee calling for the repeal winter daylight saving time. All have been introduced since congressmen returned from

Girl, 6, Critically Injured in Accident

A 6-year-old Tulsa girl was struck by a car and critically injured Wednesday as she neared a school bus stop at Virgin Street and Trenton Avenue in Daylight Saving Time dark. Kelly Hines, daughter of Beverly Williams of 2133 N. St. Louis Ave., remained in the intensive care unit of Hillcrest Medical Center Wednesday night. She received a fractured leg, internal and head injuries when struck by a car driven by Charles K. Smith, 23, of 1401 E. Seminole St., police said. The accident prompted renewed efforts by a group of parents to get flashing school warning signs at two intersections near Woods Elementary School, 1661 E. Virgin St. ALTHOUGH THE GIRL resides in the Woods district, she is bused to Springdale Elementary, 2510 E. Pine St., as part of an integration program. The accident occurred about 7:50 a.m., shortly before she was to board a bus for Springdale. Police said Smith was traveling east on Virgin when the

ago after two children were killed and two others injured by cars near Woods. NEWSPAPER FILES AND Traffic Engineering Department records show that a 5-year-old boy was killed near the Trenton-Virgin intersection in May, 1972, and that there have been two other pedestrian accidents in the vicinity of the intersection since 1970. The word "School" was stenciled in large letters on pavement in two places near the intersection after the petitions were submitted, Mrs. Wright said. She said she feels increased auto traffic from nearby Washington High School, increased bus traffic due to school integration and steep hills near the school require the flashing signs. City Traffic Engineer Bill Thomas said such signs are used in areas where speed limits must be reduced to 25 mph from higher limits. Virgin and Trenton already have 25 mph limits, he said.



DST BRINGS SWITCH Road Crews Start One Hour Later

The midwinter switch to Daylight Saving Time has county road-building crews to their work that daylight will be. Commissioners Richardson and Lynch said Thursday crews began later than usual working in the dark. Richardson said his crews are starting to work at 8:30 a.m. instead of 7:30 as they have in the past. "Can't Work in Dark" Lynch said his men had come to work at 8 a.m. until Monday, but they now begin at 8:30. "They can't work in the dark," Richardson said. "They work around heavy equipment and sometimes work in traffic. "We don't want to get someone killed because a driver couldn't see them in the dark." "And it's no good having them sit in the yards until it gets light. That costs the county money. So we just rescheduled their working hours," he said. Employees Complain Lynch said private road contractors will probably change the working hours for their employees also if they haven't already done so. Lynch said many courthouse employees are complaining about driving to work in the dark also but added the courthouse busi-



sections. Mrs. Wright said similar pe-



Time Change of Seen

Y — A Commission-day there was and fellow com- could change Time to ne, although a residents had suggested out some people," with said, "but can't make a time change." There is currently a

The People Speak School Children Exposed to Danger

Praise Electricity
TO THE EDITOR: Like most Americans, I can accept the restrictions to conserve our country's energies. But for the life of me, I am unable to figure out how this daylight saving time can be of any benefit. As a former student of the Oklahoma drivers training program, we were taught from the drivers manual that dusk-to-dawn driving is the most dangerous. This is a fact! This time change has put many more drivers on the roads in the dark. These people, on the old time, drove in the full light in order to be work at 8 or 9 a.m. This makes accident probabilities much higher. Children are walking to school, or waiting for buses in the dark, thus exposing them to the danger of drivers. This adds one more worry for parents, who are burdened and worried with day to day living and jobs they may or may not be able to keep. Why in the world does the time change have to be. Is such a small savings (if any) worth the lives of our citizens? Mrs. F.D. Beck, Choctaw This is the winning letter.

Two Crises Exist
TO THE EDITOR: John Q. Public is accustomed to injustices. His motor vehicles have been swallowed up by emission control devices which not only reduce fuel consumption from 7 to 20 percent but in terms of dollars and cents cost him in the neighborhood of \$2 per tank of gasoline in the family car. Now he has daylight saving time crammed down his throat. His school children must go to school in total darkness. Much of the time it is

Change Backwards
TO THE EDITOR: It seems that our lawmakers in Washington have done it again. They have changed our clocks to fit their needs—professing to save fuel. But as anyone knows, it is backwards. To start with we are turning our thermostats up an hour earlier each morning. This will use more fuel because it is always colder from about 4 a.m. until 7 a.m. (Suntime). Now everyone gets off work one hour earlier (by Suntime) so they have one more hour to drive around each evening before dark, using more fuel. We are helping the energy crisis like a hole in the hand or as on California politician said a while back, "This time change causes the sun to shine on his lawn an hour longer each day." Every politician should be voted out, and replaced with some hard working farmers who understand nature, and I believe we could get things straightened out in a few years. S.P., City

Common Sense Needed
TO THE EDITOR:



SAVE STANDARD TIME

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

	Permanent Daylight Saving Time	Permanent Standard Time
Morning Sunlight	Forces most people to start school or work before sunrise in winter.	Lets most people see light in morning (when biology needs it most) year-round.
Circadian Alignment	Misaligns clocks from circadian rhythms.	Aligns clocks to circadian rhythms.
Sleep Health	Forces most people to wake by alarm before dawn in autumn, winter, and spring. Dark mornings make waking harder. Light at night makes sleep harder.	Lets most people sleep naturally past dawn year-round. Bright mornings make waking easier. Darkness at night makes sleep easier.
Mental & Physical Health	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.
Safety & Crime	Increases accidents and injury recovery times.	Improves alertness and decision-making.
Education & Economy	Impairs school performance. Decreases workplace productivity and wages.	Improves school performance. Increases workplace productivity and wages.
Farmers & Other Essential Workers	Shortens morning light needed for outdoor labor and all-day alertness.	Preserves morning light needed for outdoor labor and all-day alertness.
Energy & Environment	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 expense, and less waste.
Radio Broadcasts	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.
Civil Liberties	Overlaps work hours with morning prayer times of observant Jews and Muslims.	Respects natural balance of morning and evening sunlight to permit morning prayer.
Federal Law	Prohibited by the Uniform Time Act (15 USC §260a).	Approved for states by the Uniform Time Act (15 USC §260a).
Lasting Public Support	Repeatedly tried and reverted after winter is experienced in the US and other nations.	Observed in Arizona, Hawaii, all five US territories, and most nations for many decades.

Permanent Standard Time Is Federally Approved

Permanent Daylight Saving Time Is Federally Prohibited

Any state can restore permanent Standard Time by self-exemption from DST. Arizona, Hawaii, and all five territories observe permanent Standard Time. More states than ever are now considering permanent Standard Time. As with all state legislation, the effective date of DST exemption can be contingent on neighboring states passing equivalent legislation, if desired. Permanent DST when tried has increased deaths and disrupted business. Permanent Standard Time is the quickest, safest way to end clock change.

15 U.S. Code Subchapter IX – STANDARD TIME

§ 260a. Advancement of time or changeover dates

(a) Duration of period; State exemption

During the period commencing at 2 o'clock antemeridian on the second Sunday of March of each year and ending at 2 o'clock antemeridian on the first Sunday of November of each year, the standard time of each zone established by sections 261 to 264 of this title, as modified by section 265 of this title, shall be advanced one hour and such time as so advanced shall for the purposes of such sections 261 to 264, as so modified, be the standard time of such zone during such period; however, (1) any State that lies entirely within one time zone may by law exempt itself from the provisions of this subsection providing for the advancement of time, but only if that law provides that the entire State (including all political subdivisions thereof) shall observe the standard time otherwise applicable during that period, and (2) any State with parts thereof in more than one time zone may by law exempt either the entire State as provided in (1) or may exempt the entire area of the State lying within any time zone.

<https://www.law.cornell.edu/uscode/text/15/260a>





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. This list is non-comprehensive.

Health

Alabama Board of Med Examiners/Licensure Commission	American Academy of Cardiovascular Sleep
American Academy of Dental Sleep Medicine	American Academy of Neurology
American Academy of Sleep Medicine	American Association of Public Health Physicians
American College of Chest Physicians	American Medical Association
California Sleep Society	Canadian Sleep Society
Canadian Society for Chronobiology	Capitol Neurology
Dakota Sleep Society	Hampden District Medical Society
Indiana State Medical Association	Kentucky Sleep Society
Massachusetts Medical Society	Michigan Academy of Sleep Medicine
Missouri Sleep Society	National Sleep Foundation
Northwest Noggin Neuroscience	San Diego Academy of Child/Adolescent Psychiatry
San Diego Psychiatric Society	Sleep Research Society
Society for Light Treatment & Biological Rhythms	Society for Research on Biological Rhythms
Society of Anesthesia & Sleep Medicine	Society of Behavioral Sleep Medicine
Southern Sleep Society	Tennessee Sleep Society
Wisconsin Sleep Society	World Sleep Society

Education & Families

Anne Arundel County Public Schools	Colorado PTA
Florida PTA	League of Women Voters of Delaware County
Maryland Association of Boards of Education	National PTA
Regional Adolescent Sleep Needs Coalition	Start School Later

Safety & Labor

American College of Occupation & Environment	Association of Canadian Ergonomists
B-Society	Daylight Academy
Good Light Group	National Safety Council
Solaris Fatigue Management	USA Weather, Dallas–Fort Worth, Texas

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Agudath Israel of California	Agudath Israel of Chicago
Agudath Israel of Florida	Agudath Israel of Maryland
California Islamic University	Rabbinical Council of America
Rabbinical Council of California	

Doctors

Raúl Aguilar-Roblero MD PhD, Mexico
Shimon Amir PhD, Montreal, Quebec
Michael Antle PhD, Calgary, Alberta
Mariah Baughn MD, San Diego, California
Joseph Boyd PhD, Temecula, California
Hugo Calligaro PhD, San Diego, California
Jonathan Charest PhD, Calgary, Alberta
Joanna C Chiu PhD, Davis, California
Steven M Croft MD FAAN, Houston, Texas
Joseph De Konick PhD, Ottawa, Ontario
Grant Denn PhD, Colorado
Mona Ezzat MD, San Diego, California
Susan S Golden PhD, San Diego, California
John F Gottlieb MD, Chicago, Illinois
Chelsea Gustafson PhD, Portland, Oregon
Liz Harrison PhD, San Diego, California
Myriam Juda PhD, Vancouver, British Columbia
Elizabeth B Klerman MD PhD, Boston, Massachusetts
Jack Kruse DMD MD, New Orleans, Louisiana
Katja Lamia PhD, San Diego, California
Andy LiWang PhD, Merced, California
Beth Malow MD MS, Brentwood, Tennessee
Peter Mansbach PhD, Bethesda, Maryland
Melody T McCloud MD, Atlanta, Georgia
Matt Metzgar PhD, Charlotte, North Carolina
Thomas E Nordahl MD PhD, Davis, California
Ketema Paul PhD, Los Angeles, California
Frank Powell PhD, San Diego, California
Dorothy D Sears PhD, San Diego, California
Abhinav Singh MD MPH FAASM, Indiana
Andrea Smit PhD, Vancouver, British Columbia
Andrew Spector MD, Durham, North Carolina
Melissa A St Hilaire PhD, Boston, Massachusetts
Tessa Sugarbaker MD MFT, San Francisco, California
Jennifer Thomas PhD, San Diego, California
Roger Tseng PhD, Ames, Iowa
Nathaniel F Watson MD MSc, Washington
Daniel S Whittaker PhD, Los Angeles, California
Amir Zarrinpar MD PhD, San Diego, California
Ying Zhang PhD, Indianapolis, Indiana
Salman Ahsan PhD, San Jose, California
Sonia Ancoli Israel PhD, San Diego, California
Susanna Barry PsyD, Medford, Massachusetts
William Bechtel PhD, San Diego, California
Maja J Buj MD, New York, New York
Oscar Castanon-Cervantes PhD, Atlanta, Georgia
Archana G Chavan PhD, Merced, California
Scott Cookson PhD, San Diego, California
Richard E Cytowic MD, Washington, DC
Jason DeBruyne PhD, Atlanta, Georgia
Jaime K Devine PhD, Baltimore, Maryland
Karen L Gamble PhD, Birmingham, Alabama
Cathy Goldstein MD MS, Ann Arbor, Michigan
Bill Griesar PhD, Portland, Oregon
Stacey Harmer PhD, Davis, California
Erik Herzog PhD, St Louis, Missouri
Royan Kamyar MD, La Mesa, California
Alison Kole MD MPH FCCP FAASM, New Jersey
Michael T Lam MD PhD, San Diego, California
Irving Lebovics DDS, Los Angeles, California
Travis Longcore PhD, Los Angeles, California
Emily Manoogian PhD, San Diego, California
Michael McCarthy MD PhD, San Diego, California
Girish Melkani MS PhD, San Diego, California
Ralph Mistlberger PhD, Vancouver, British Columbia
Marie Pariollaud PhD, La Jolla, California
Linda Petzold PhD, Santa Barbara, California
Kendall Satterfield PhD, San Diego, California
Lori L Shemek PhD, Dallas–Fort Worth, Texas
Benjamin Smarr PhD, San Diego, California
Barbara Sorg PhD, Portland, Oregon
Heather R Spence PhD, Arlington, Virginia
Andrew Steele PhD, San Luis Obispo, California
Joseph S Takahashi PhD, Dallas, Texas
Gianluca Tosini PhD, Atlanta, Georgia
Judy Village PhD CCCPE, British Columbia
David K Welsh MD PhD, San Diego, California
Chris Winter MD FAASM DABSM DABPN, Virginia
Wen Zhang PhD, Indianapolis, Indiana
Irving Zucker PhD, Berkeley, California

Other Individuals

Lisa Alexia PA-C, Alaska
Alexandra S Devin LCAT RDT, Beacon, New York
Beverly Feldman RN MSN, Houston, Texas
Betty C Jung MPH RN MCHES, Connecticut
Aleta March RPSGT, Pilot Hill, California
Peter Varfalvy MSc, Quebec
Elizabeth Wellburn MA, Victoria, British Columbia
Matthew Anderson JD, Medford, Oregon
Keith Eichner CWO, Western New York
Janet Huff LPC, Shreveport, Louisiana
Gayle Kahn Friedman LCSW, Studio City, California
Angela Miller MA BSEd, Springfield, Missouri
Jennifer Viau CNA, Washington
Ellen Wermter NP DBSM, Virginia

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

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.”

Media Contact:

AMA Media & Editorial
ph: (312) 464-4430
media@ama-assn.org

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 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 or AASM Washington Representatives Amy Kelbick at akelbick@mcdermottplus.com.

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.

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.

To contact the senior editor responsible for Bloomberg Opinion's editorials: David Shipley at davidshipley@bloomberg.net

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

Pedro 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.