



# SAVE STANDARD TIME

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

2022 February 4

Iowa Legislature  
1007 East Grand Avenue  
Des Moines, Iowa

Re: Oppose HF-2105, HF-2144, SF-335 (Permanent DST)

Dear Honorable Legislators,

Please oppose HF-2105, HF-2144, and SF-335, three bills to retry permanent Daylight Saving Time in Iowa. Please recommend their amendment to permanent Standard Time.

Permanent DST is longitudinally incorrect and federally prohibited, it darkens mornings and forces earlier start times, it harms health and viral immunity, it increases accidents and lowers productivity, and it is opposed by current and historical polling.

Scores of organizations representing thousands of scientists and doctors, and millions of teachers and parents, oppose permanent DST and endorse longitudinally correct, permanent Standard Time. Among these are the Missouri Sleep Society, Wisconsin Sleep Society, Dakota Sleep Society, National PTA, National Safety Council, American Academy of Sleep Medicine, American College of Chest Physicians, National Sleep Foundation, American College of Occupational & Environmental Medicine, Start School Later, Society for Research on Biological Rhythms, Canadian Sleep Society, and Association of Canadian Ergonomists.<sup>[AASM][CSS][NSF][SRBR]</sup>

Other bills in the US seek permanent Standard Time, which is the quickest way to end clock change. The Uniform Time Act (15 USC §260a) pre-approves any state's self-exemption from DST and restoration of its permanent Standard Time. Current scientific polling shows strong public support to end clock change, with preference for permanent Standard Time.<sup>[AP]</sup>

Permanent DST is federally prohibited. It would delay Iowa sunrises to 8:58am, and past 8am up to 4.0 months. Its unnaturally dark mornings would reverse the benefits of starting school later, disrupt parents' work schedules, and hinder farm work.<sup>[Borisenkov][Cell][Schlanger][Skeldon]</sup> History shows support for permanent DST reverses into strong opposition once its forced early waking in dark, cold winter mornings is experienced. Permanent DST has failed several times worldwide; it was a deadly disaster in the US in 1974.<sup>[BBC][Ripley][Yorkshire]</sup>

Sleep is essential to viral immunity,<sup>[Meira][Panda][Ray]</sup> and for years the CDC has classified sleep deprivation as a nationwide epidemic.<sup>[Jin]</sup> Springing clocks ahead to DST acutely deprives sleep. Leaving clocks ahead on DST chronically deprives sleep (estimated average 19 minutes nightly).<sup>[Giuntella][Roenneberg]</sup> Continually maintained artificial delay of sunrise by one hour manifests as statistically significant increases in accidents, disease (certain cancers up 12–36%), and

healthcare costs, and as statistically 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 instead preserves morning sunlight and lets people sleep longer.<sup>[AASM][Juda][SRBR]</sup>

Please hear the consensus of scientists, doctors, teachers, polling, and history. Save time, money, and lives. Oppose HF-2105, HF-2144, and SF-335. Recommend their amendment from permanent DST to permanent Standard Time.

Sincerely,



Jay Pea

Founder & President

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

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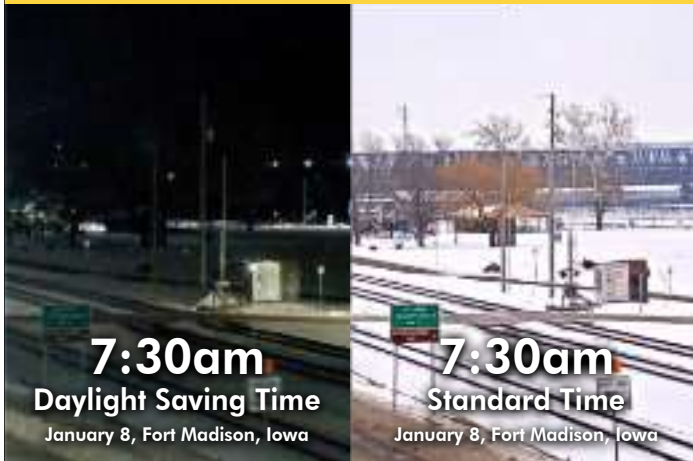
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# REJECT PERMANENT DAYLIGHT SAVING TIME

Forces early waking. Decreases immunity and alertness. Repeat failure.

**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. S38, ACS, USCB, 2014. <https://fivethirtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

**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**

# RESTORE PERMANENT STANDARD TIME

Improves sleep. Best for health, safety, education. Federally pre-approved.

**"Permanent Standard Time is the only fair, viable option.**

*"...Permanent Daylight Saving could create real health/safety issues.*

*Humans require adequate morning light so that our internal biological rhythms synchronize properly to local time. Lack leads to metabolic disorders, depression, cardiovascular disease..."*

**Chancellor Gene Block PhD, UCLA**  
**Prof Johanna Meijer PhD, Leiden University**

<https://newsroom.ucla.edu/stories/who-wants-to-go-to-work-in-the-dark>



**SAVE STANDARD TIME**

**"Permanent Standard Time is the best choice to match our sleep-wake cycle.**

*Daylight Saving Time results in more darkness in the morning and more light in the evening, disrupting the body's natural rhythm."*

**Muhammad Adeel Rishi MD**  
**Mayo Clinic & American Academy of Sleep Medicine**

<https://aasm.org/american-academy-of-sleep-medicine-calls-for-elimination-of-daylight-saving-time/>



**SAVE STANDARD TIME**

**"The human circadian system does not adjust to Daylight Saving Time.**

*Sleep becomes disrupted, less efficient, and shortened... Permanent Standard Time is the healthier, more natural choice."*

**Nathaniel F Watson MD MSc**  
**Neurology Professor, University of Washington, Seattle**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6557642/>



**SAVE STANDARD TIME**

**"Permanent Daylight Saving will undermine any benefits of shifting school start time later.**

*"...A required wake time of 7am during Daylight Saving leads to the same degree of misalignment as a required wake time of 6am during Standard Time. With permanent Daylight Saving, schools would need to delay start times by one hour during winter just to maintain the status quo!"*

**Anne Skeldon PhD**  
**Professor of Biology, University of Surrey**

<https://www.eurekalert.org/news-releases/771715>



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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 College of Chest Physicians	National Safety Council
American Academy of Sleep Medicine	National Sleep Foundation
National PTA	American College of Occupational Medicine
American Academy of Dental Sleep Medicine	Start School Later
American Academy of Cardiovascular Sleep Med	National Education Association
American Federation of Teachers	National School Boards Association
Rabbinical Council of America	Agudath Israel of America
Florida PTA	Northwest Noggin Neuroscience
California Sleep Society	Wisconsin Sleep Society
Kentucky Sleep Society	Missouri Sleep Society
Tennessee Sleep Society	Maryland Sleep Society
Regional Adolescent Sleep Needs Coalition	Southern Sleep Society
Capitol Neurology	Michigan Academy of Sleep Medicine
Dakota Sleep Society	Rabbinical Council of California
Agudath Israel of California	California Islamic University
Agudath Israel of Florida	Cuyahoga Astronomical Association
Ohio Bicycle Federation	Adath Israel San Francisco
Stephens Memorial Observatory	Campaign to Opt Out of DST in Texas
Agudath Israel of Chicago	Canadian Sleep Society
Association of Canadian Ergonomists	Canadian Society for Chronobiology
Solaris Fatigue Management	World Sleep Society
Society for Research on Biological Rhythms	Society of Anesthesia & Sleep Medicine
Society of Behavioral Sleep Medicine	Society for Light Treatment & Biological Rhythms
Daylight Academy	B-Society
Good Light Group	International Alliance for Natural Time
European Biological Rhythms Society	European Sleep Research Society
Australasian Chronobiology Society	

### Individuals (non-comprehensive list)

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Amir Zarrinpar MD PhD, Assistant Professor, San Diego, California  
Salman Ahsan PhD, San Jose, California  
Shimon Amir PhD, Professor, Concordia University, Montreal, Quebec  
Sonia Ancoli Israel PhD, Professor Emeritus, University of California, San Diego  
Michael Antle PhD, Professor, Hotchkiss Brain Institute & University of Calgary, Alberta  
Susanna Barry PhD, College Mental Health Counselor & Sleep Coach, Cambridge, Massachusetts

William Bechtel PhD, Distinguished Professor, University of California, San Diego  
 Joseph Boyd PhD, Research Scientist, MilliporeSigma, Temecula, California  
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 Heinz Freisling MSc PhD, Epidemiologist, International Agency for Research on Cancer, Lyon, France  
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 Susan S Golden PhD, Director, Center for Circadian Biology, University of California, San Diego  
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 Myriam Juda PhD, Researcher, Simon Fraser University, Vancouver, British Columbia  
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 Camilla Kring PhD, Speaker, Author, & Entrepreneur, Copenhagen, Denmark  
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 Travis Longcore PhD, Institute of the Environment & Sustainability, University of California, Los Angeles  
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