



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.^[Schlanger] It would revert benefits of starting school later. It would delay radio broadcasts of morning news until most people have started work.^[Stine] It would increase energy costs, especially for morning heat.^[Kotchen] It would disrupt worship for individuals who pray daily at sunrise.^[Agudath]

Support for permanent DST historically reverses into opposition when experienced. Permanent DST has failed several times; **it cost children's lives in 1974.**^{[BBC][Ripley][Yorkshire]} 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).^{[Giuntella][Roenneberg]} 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%).^{[Gibson][Giuntella][Gu][Roenneberg]} 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.^{[Borisenkov][Cell][Schlanger][Skeldon]} 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.^{[AASM][Juda][SRBR]} Most consistent professional polling shows preference for Standard Time.^[AP] 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.^{[AASM][AMA][CSC][CSS][ESRS][NSF][SRBR]}

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

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REJECT PERMANENT DAYLIGHT SAVING TIME

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

The US tried permanent DST in 1974.

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

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



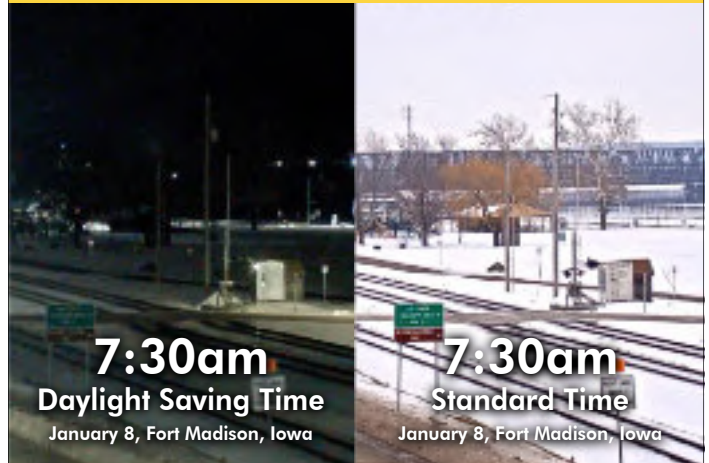
Why repeat bad history? Permanent Standard Time is the safest and quickest way to end clock changes.



SAVE STANDARD TIME

Most work/school starts at 8am.

How would you rather start your day half the year?



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



SAVE STANDARD TIME

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

RESTORE PERMANENT STANDARD TIME

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

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

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

Kannan Ramar MD

Sleep Consultant, Mayo Clinic

https://www.vice.com/en_us/article/3azwzk/sleep-experts-officially-come-out-against-daylight-saving-time



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/>



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	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 sunlight 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 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.
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 & Blue-Collar Workers	Shortens morning light needed for outdoor labor.	Preserves morning light needed for outdoor labor.
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 waste, 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.
Public Support	Historically support reverses into opposition when it's experienced.	Supported by current and historical polls.
Law & History	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.



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

Individuals (non-comprehensive list)

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