

I testify in favor of SB0268 to stop the time change and keep Maryland on daylight saving time year round pending Congressional approval. Numerous studies in the past have shown that the time change causes serious health issues in many Americans.

First, the spring forward time change causes heart attacks every year. There is a 25% increase in heart attacks on the Monday following the onset of DST in March, according to a 2015 University of Michigan study.

<https://patch.com/michigan/royaloak/study-check-pulse-spring-forward-daylight-saving-time>

According to a 2016 study from Austin Smith, a 5.6% rise in traffic accidents in the week following the spring forward results in 30 deaths and \$275M in social costs per year. Americans sleep, on average, 40 minutes less on the Sunday of the DST change than on other Sundays. No sizable effects during the fall change have been detected.

<https://pubs.aeaweb.org/doi/pdfplus/10.1257/app.20140100>

Moreover, a 2019 study published in the Journal of Clinical Medicine showed that acute myocardial infarction (AMI) increases 5% in the week following the spring time change.

<https://www.mdpi.com/2077-0383/8/3/404/htm>

Finally, to those advocating for later school start times that think we must go to permanent standard time (pST) instead of permanent DST (pDST), I do not really think it would matter how we set the clock. Maybe if we went to pST, adults would want to start work at 8am and prefer high schools start are 7:30am, while Start School Later would be pushing for a start time of 9am. While on pDST, adults would want to start work at 9am and prefer high schools start at 8:30am, while Start School Later would push for a start time of 10am. In other words, it would be a mere “relabeling” of the hours on the clock and would not affect the difference between what is best for high schoolers to maximize time to socialize with their families versus to keep their bodies healthy.