



SAVE STANDARD TIME

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

2023 February 12

House Health & Government Operations Committee
Maryland General Assembly
Annapolis, Maryland

Re: **HB-165: Unfavorable** – Permanent DST Harms Children, Farmers, Commuters

Dear Honorable Delegate,

Please oppose HB-7, 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 Maryland sunrise to 8:39am, and past 8am up to 3.4 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 Jews and Muslims 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 **Anne Arundel County Public Schools, Maryland Association of Boards of Education, Agudath Israel of Maryland, 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>



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?



7am
Daylight Saving Time
March 1, Annapolis, Maryland

7am
Standard Time
March 1, Annapolis, Maryland

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.

"Permanent Daylight Saving is a terrible idea for kids...

"The American Academy of Sleep Medicine is in favor of permanent Standard Time, as are many scientists who study sleep medicine."

Craig Canapari MD

Director, Pediatric Sleep Program, Yale School of Medicine

<https://drcraigcanapari.com/why-permanent-daylight-saving-time-is-a-terrible-idea-for-kids/>



SAVE STANDARD TIME

"Year-round Standard Time would be best for public health and safety.

Permanent Daylight Savings Time may work against delaying school start times."

Mariana Szklo-Coxe PhD MHS

Associate Professor, Old Dominion University, Virginia

<https://www.odu.edu/article/sleep-expert-argues-good-rest-a-public-health-issue>



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

"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. Daylight Saving Time effectively does the reverse."

Bloomberg Editorial Board

<https://www.bloomberg.com/opinion/articles/2022-03-18/just-say-no-to-permanent-daylight-saving-time>



SAVE STANDARD TIME



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 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 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
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Ralph Mistlberger PhD, Vancouver, British Columbia
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Ketema Paul PhD, Los Angeles, California
Linda Petzold PhD, Santa Barbara, California
Frank Powell PhD, San Diego, California
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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
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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

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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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