



THE MARYLAND HOUSE OF DELEGATES
ANNAPOLIS, MARYLAND 21401

HB 165: General Provisions – Standard Time – Year–Round Daylight Saving Time
Position: FAVORABLE

Good afternoon Madam Chair, Madam Vice Chair, and distinguished members of the committee. I am Del. Brian Crosby and I am here to present House Bill 165, entitled General Provisions – Standard Time – Year–Round Daylight Saving Time.

Last year, I introduced this bill as HB 126. Last year, this bill passed the House.

The purpose of this legislation is to end the changing of the clocks. The negative effects of biannual clock change are undeniable. Fatal car crashes increase 6% during the work week following the “Spring Forward” to Daylight Saving Time, and there is an 11% increase in depressive episodes during the switch from DST to standard time. The week after we adjust our clocks either way there is an increase in heart attacks, strokes, workplace injuries, lower work output, and emergency responses to suicides and fatal car accidents.

When I introduced this legislation for the first time, my only goal was to end the biannual changing of the clocks. However, after conversations with colleagues, stakeholders, and constituents, it has become clear that permanent DST is the preference for a majority of citizens.

The practice of shifting our clocks backwards during the winter was originally adopted during World War I to conserve energy, but recent research suggests that the energy conservation is negligible at best. An additional daylight hour in the evening, however, is correlated with lower crime rates and increased levels of exercise.

You are going to hear opposition about school start times. There is research that supports shifting to later school start times, and that is something I agree with. However, school start times are addressed at the local level.

Time changes are not universal. More than 60 percent of countries around the world do not observe clock changes. Domestically, Arizona and Hawai’i do not practice Daylight Saving Time. Across the United States, several states are considering making a change.

This bill is contingent upon similar legislation passing in the states that border Maryland, plus in

Washington, DC. Additionally, it is also contingent on Congress passing legislation to allow the states to make this change.

For these reasons, I respectfully request a favorable report.