

*February 2023*

*Letter in opposition to HB0165 – Permanent Daylight Saving Time*

Dear members of the Maryland General Assembly –

My name is Patrick Kingsley, and am a volunteer with Save Standard Time. I reside in Connecticut, but assist in efforts nationwide to educate the importance of preserving the observation of Standard Time.

For years, citizens have demanded an end to clock change. There is a right and wrong way to do this. Many have thought that the adoption of permanent Daylight Saving Time (DST) is the solution to clock change. I implore you to write-off this consideration, as it would create a public health crisis in this country.

Permanent Standard Time is the best answer. It's defined such that there are equal amounts of daylight in the morning and in the afternoon, year-round. Our circadian rhythms prefer to wake in daylight and fall asleep hours after dark, and many scientific studies back up this fact.

In a permanent Standard Time world, we would still have plenty of daylight after 6 PM from the month of March until September, and after 7 PM from May through August in the state of Maryland. So, there's effectively no need for this antiquated practice.

Alternatively, permanent Daylight Saving Time would wreak havoc on school children, and blue collar workers who have earlier shifts. Sunrise times in Maryland would go past 8 AM from December through early February, and past 7 AM from October through March.

Further, permanent DST has been tried in the past. In 1974, the U.S. tried it and eight children were killed at their bus stops as a result of people driving in the dark mornings. This is because morning daylight is essential to suppression of melatonin, thus creating a situation where morning commuters drive drowsy. While we could start work/school later in the daylight hours, that would effectively negate any benefit that permanent DST would bring.

While the debate over which clock to pick has been pitched like picking our favorite ice cream flavor, the issue is so much more important than that. We must follow the science, and pick the right clock for our health.

Let's be a leader in public health and end daylight saving time by introducing a bill for the permanent adoption of standard time, instead.

Thank you very much,

A handwritten signature in black ink, appearing to read "Patrick Kingsley". The signature is fluid and cursive, with a large initial "P" and "K".

Patrick Kingsley

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