



SAVE STANDARD TIME

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

2021 April 2

Education, Health, & Environmental Affairs Committee
2 West
Miller Senate Office Building
Annapolis, Maryland 21401

Re: HB-1013—Oppose (Threatens Health, Safety, Education)

Dear Honorable Senators,

Please oppose HB-1013 until it is amended from permanent Daylight Saving Time (DST) to permanent Standard Time. Medicine and history show permanent DST is more harmful than biannual clock change; it is also federally forbidden. Permanent Standard Time (defined by the sun) instead can improve viral immunity with better sleep, it will protect work/school start times with morning sunlight, and it is federally pre-approved by the Uniform Time Act.

Scores of organizations representing thousands of scientists/doctors and millions of teachers/parents oppose permanent DST and endorse permanent Standard Time. Among these are the Maryland Sleep Society, National PTA, National Safety Council, American Academy of Sleep Medicine, American College of Chest Physicians, National Sleep Foundation, American College of Occupational & Environmental Medicine, Start School Later, American Academy of Dental Sleep Medicine, Society for Research on Biological Rhythms, Association of Canadian Ergonomists, and Canadian Society for Chronobiology (example expert statements enclosed).^{[AASM][CSC][ESRS][NSF][RIVM][SRBR]}

Scientific polling shows strong public support to end clock change, with slight preference for permanent Standard Time rather than permanent DST.^[AP] History shows support for permanent DST reverses into strong opposition once its forced early waking in dark, cold winter mornings is experienced. Permanent DST was a lethal disaster in the US in 1974.^{[BBC][Ripley][Yorkshire]}

With Standard Time, Maryland sunrises are never after 8am (when most work and school days start^{[CDC][Silver]}). Permanent DST would delay your sunrises to 8:39am, and past 8am up to 3.4 months. It would depress and endanger millions and undo the benefits of starting school later.^{[Boris-enkov][Cell][Skeldon]} Permanent Standard Time preserves morning sunlight, when human biology needs it most.^{[AASM][CSC][Curtis][ESRS][Juda][RIVM][Roenneberg][SRBR]}

Sleep is essential to viral immunity (including COVID),^{[Meira][Panda][Ray]} and for years the CDC has classified sleep deprivation as a nationwide epidemic.^[Jin] Springing clocks forward to DST acutely deprives sleep. Leaving clocks forward on DST chronically deprives sleep (estimated average 19 minutes nightly).^{[CSC][Curtis][Giuntella][Roenneberg]} Artificial delay of sunrise by one hour each day (such as by DST) manifests as statistically significant increases in accidents, disease

(certain cancers up 12–36%), and healthcare costs, and as statistically significant decreases in learning, productivity, and earnings (individual wages down 3–5%).^{[CSC][Curtis][ESRS][Gibson][Giuntella][Gu][Juda][RIVM][Roenneberg]} It's not just clock change that harms, but also DST's forced early waking. Permanent Standard Time lets Americans sleep.^{[AASM][SRBR]}

Please oppose permanent DST and support permanent Standard Time—as is federally pre-approved, supported by history, and best for health, safety, education, and economy.

Sincerely,



Jay Pea
Founder & President
jay@savestandardtime.com

Enc.

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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)

National PTA	National Education Association
National Safety Council	American Academy of Sleep Medicine
American College of Chest Physicians	American Federation of Teachers
National Sleep Foundation	National School Boards Association
American College of Occupational/Environmental Medicine	B-Society
Start School Later	American Academy of Dental Sleep Medicine
Rabbinical Council of America	European Sleep Research Society
Society for Research on Biological Rhythms	Agudath Israel of America
Florida PTA	Society of Anesthesia & Sleep Medicine
World Sleep Society	German Teachers' Association
European Biological Rhythms Society	International Alliance for Natural Time
French Society for Sleep Research & Medicine	Society of Behavioral Sleep Medicine
National Commission for Rationalization of Spanish Hours	American Academy of Cardiovascular Sleep Medicine
California Islamic University	Portuguese Sleep Association
Agudath Israel of Florida	Society for Light Treatment & Biological Rhythms
Francophone Chronobiology Society	Rabbinical Council of California
Association of Canadian Ergonomists	Agudath Israel of California
Good Light Group	Northwest Noggin Neuroscience
Catalunya Advisory Council for Timetable Reform	Agudath Israel of Chicago
California Sleep Society	Daylight Academy
Michigan Academy of Sleep Medicine	Kentucky Sleep Society
Ohio Bicycle Federation	Maryland Sleep Society
Wisconsin Sleep Society	Australasian Chronobiology Society
Canadian Society for Chronobiology	Cuyahoga Astronomical Association
Southern Sleep Society	Adath Israel San Francisco
Normal Time All the Time	Tennessee Sleep Society
German Society for Time Policy	Curtis Clock Lab
Missouri Sleep Society	Capitol Neurology
Solaris Fatigue Management	Stephens Memorial Observatory
Sleep Medicine Association Netherlands	Dutch Society for Sleep-Wake Research
Chronobiology Lab Groningen	Dakota Sleep Society
Better Times Platform	Barcelona Time Use Initiative for a Healthy Society

Individuals (non-comprehensive list)

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Shimon Amir PhD, Professor, Concordia University, Montreal, Quebec
Sonia Ancoli Israel PhD, Professor Emeritus, University of California, San Diego

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 Susanna Barry PhD, College Mental Health Counselor & Sleep Coach, Cambridge, Massachusetts
 William Bechtel PhD, Distinguished Professor, University of California, San Diego
 Mikhail Borisenkov PhD, Institute of Physiology, Komi Science Centre, Russian Academy of Sciences
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 Andrew Steele PhD, Associate Professor of Biological Sciences, California State Polytechnic University
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 Gianluca Tosini PhD, Chief Scientific Research Officer, Morehouse School of Medicine, Atlanta, Georgia
 Roger Tseng PhD, Biological Scientist, USDA, Ames, Iowa
 Judy Village PhD CCCPE, President, Association of Canadian Ergonomists, British Columbia
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 Anna Wirz-Justice PhD, Professor Emeritus, Centre for Chronobiology, University of Basel, Switzerland
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 Jack Kruse DMD MD, Neurosurgeon, New Orleans, Louisiana
 Beth Malow MD MS, Medical Doctor & Researcher, Brentwood, Tennessee
 Melody T McCloud MD, Obstetrician-Gynecologist, Atlanta, Georgia
 Tessa Sugarbaker MD MFT, San Francisco, California
 Nathaniel F Watson MD MSc, Bainbridge Island, Washington
 Dr Archana G Chavan, University of California, Merced
 Dr Chelsea Gustafson, Assistant Professor, Portland, Oregon
 Dr Paul Kelley, Milton Keynes, United Kingdom
 Dr Irving Lebovics, Los Angeles, California

Oppose Permanent Daylight Saving Time
Forces early waking—decreases immunity and alertness.

Support Permanent Standard Time
Lets us sleep—for health, safety, and education.

“Permanent, year-round Standard Time is the best choice to most closely match our circadian sleep–wake cycle.

Daylight Saving Time results in more darkness in the morning and more light in the evening, disrupting the body’s natural rhythm.”

Muhammad Adeel Rishi MD
Mayo Clinic & American Academy of Sleep Medicine

<https://aasm.org/american-academy-of-sleep-medicine-calls-for-elimination-of-daylight-saving-time/>

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“The human circadian system does not adjust to Daylight Saving Time.

Sleep becomes disrupted, less efficient, and shortened. Permanent Standard Time is the healthier, more natural choice.”

Nathaniel F Watson MD MSc
Neurology Professor, University of Washington, Seattle

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6557642/>

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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.

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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://liveatireight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

Most work/school starts at 8am.
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8:02am 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://liveatireight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

“Cancer rates significantly increase when sunrise is later.

“Permanent DST would make sunrise later, while permanent Standard Time would make sunrise closer to body time.”

Nicolas Cermakian PhD
President, Canadian Society for Chronobiology

<https://www.theglobeandmail.com/opinion/article-turn-back-the-clock-on-daylight-savings-why-standard-time-all-year/>

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“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/>

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