



# SAVE STANDARD TIME

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2021 March 3

Health & Government Operations Committee  
Maryland House of Delegates  
Annapolis, Maryland 21401

Re: HB-1013—Oppose (Amend to Standard Time)

Dear Honorable Delegates,

Please oppose HB-1013 and recommend its amendment to permanent Standard Time. Its current form seeks permanent Daylight Saving Time (DST), which history and medicine show is more harmful than clock change. Only permanent Standard Time can improve viral immunity with better sleep, can protect school and work start times with morning sunlight, and is pre-approved by federal law.

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, American College of Occupational & Environmental Medicine, Start School Later, and Society for Research on Biological Rhythms.<sup>[AASM][CSC][ESRS][SRBR]</sup>

Sleep is essential to viral immunity (including COVID),<sup>[Meira][Panda][Ray]</sup> and for years the CDC has classified sleep deprivation as an epidemic.<sup>[Jin]</sup> Springing clocks forward to DST acutely deprives sleep. Leaving clocks forward on DST chronically deprives sleep (at an estimated average of 19 minutes nightly). Artificial delay of sunrise by one hour (such as by DST) manifests as statistically significant increases in accidents, illnesses, diseases (certain cancers up 12–36%), and healthcare costs, and as statistically significant decreases in alertness, learning, productivity, and wages (down 3–5%). It's not just clock change that harms. Longitudinally correct Standard Time preserves morning sunlight, when human biology needs it most.<sup>[AASM][Borisenkov][CSC][Curtis][Gibson][Giuntella][Gu][Juda][Roenneberg][SRBR]</sup>

The US Uniform Time Act of 1966 permits permanent Standard Time and forbids permanent DST. Scientific polling shows strong public support to end clock change, with slight preference for Standard Time.<sup>[AP]</sup> History shows support for permanent DST reverses to opposition once its dark mornings are experienced.<sup>[BBC][Ripley][Yorkshire]</sup>

Permanent DST would delay Maryland's sunrises to 8:39am, and past 8am for up to 3.4 months. It would undo the benefits of starting school later, and it would disrupt parents' work schedules.<sup>[Cell][Skeldon]</sup> Standard Time keeps your sunrises before 8am, when most work and school starts,<sup>[CDC][Silver]</sup> for healthier sleep, mood, alertness, immunity, and productivity.

Please oppose HB-1013 until it is amended to permanent Standard Time—as is federally pre-approved and is best for health, safety, education, and economy.

Sincerely,



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

### Individuals (non-comprehensive list)

Raúl Aguilar-Roblero MD PhD, Laboratory on Circadian Rhythmicity, Institute of Cellular Physiology, Mexico  
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Elizabeth B Klerman MD PhD, Associate Professor, Harvard Medical School, Boston, Massachusetts  
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Thomas E Nordahl MD PhD, Professor Emeritus, University of California, Davis  
David K Welsh MD PhD, Professor Emeritus, University of California, San Diego  
Amir Zarrinpar MD PhD, Assistant Professor, San Diego, California  
Salman Ahsan PhD, San Jose, California  
Shimon Amir PhD, Professor, Concordia University, Montreal, Quebec  
Sonia Ancoli Israel PhD, Professor Emeritus, University of California, San Diego

Michael Antle PhD, Professor, Hotchkiss Brain Institute & University of Calgary, Alberta  
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  
Joseph Boyd PhD, Research Scientist, MilliporeSigma, Temecula, California  
Hugo Calligaro PhD, San Diego, California  
Oscar Castanon-Cervantes PhD, Assistant Professor, Morehouse School of Medicine, Atlanta, Georgia  
Joanna C Chiu PhD, Vice Chair, Department of Entomology & Nematology, University of California, Davis  
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Melissa A St Hilaire PhD, Instructor, Harvard Medical School, Boston, Massachusetts  
Andrew Steele PhD, Associate Professor of Biological Sciences, California State Polytechnic University  
Jennifer Thomas PhD, Professor, San Diego, California  
Gianluca Tosini PhD, Chief Scientific Research Officer, Morehouse School of Medicine, Atlanta, Georgia  
Roger Tseng PhD, Biological Scientist, USDA, Ames, Iowa  
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Beth Malow MD MS, Medical Doctor & Researcher, Brentwood, Tennessee  
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  
Prof Stacey Harmer, University of California, Davis  
Betty C Jung MPH RN MCHES, New Haven, Connecticut  
Fabian Mohedano, President of Catalan Council for Vocational Training, Former Member of Parliament

# Oppose HB-1013 (Permanent DST) Amend to Permanent Standard Time For Health, Safety, Learning, & Productivity

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

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**“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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## HOUSE BILL 1013 – SUGGESTED AMENDMENT

By: **Delegate Crosby**

Introduced and read first time: February 5, 2021

Assigned to: Health and Government Operations

### A BILL ENTITLED

AN ACT concerning

General Provisions – Standard Time – Exemption from Daylight Saving Time

FOR the purpose of exempting the State from Daylight Saving Time; making this Act subject to a certain contingency; and generally relating to the State standard time.

BY repealing and reenacting, with amendments,

Article – General Provisions

Section 1–301

Annotated Code of Maryland

(2019 Replacement Volume and 2020 Supplement)

SECTION 1. BE IT ENACTED BY THE GENERAL ASSEMBLY OF MARYLAND,  
That the Laws of Maryland read as follows:

### Article – General Provisions

1–301.

(a) The standard time in the State shall be that of the 75th meridian of longitude west from Greenwich.

(b) The standard time described under subsection (a) of this section shall regulate all courts, banking institutions, public offices, and legal or official proceedings.

(c) The State shall be exempt from the advancement of time as provided by 15 U.S.C. § 260a.

SECTION 2. AND BE IT FURTHER ENACTED, That:

(a) Section 1 of this Act is contingent on enacting of a similar act by all of the states, including the District of Columbia, whose geographic boundaries are completely within the eastern time zone.

SECTION 3. AND BE IT FURTHER ENACTED, That, except as provided in Section 2 of this Act, this Act shall take effect December 1, 2021.