



# SAVE STANDARD TIME

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

2022 March 9

Education, Health, & Environmental Affairs Committee  
Maryland Senate  
Maryland General Assembly  
Annapolis, Maryland

Re: SB-534: Unfavorable

Dear Honorable Senators,

Please oppose SB-534, a bill to retry 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 lasting health, safety, education, and prosperity.

Permanent DST is federally forbidden by the Uniform Time Act (15 USC §260a). It would also force constituents to wake an hour early relative to sunrise, every workday from November through March. It would artificially delay Maryland sunrises to 8:39am, and past 8am up to 3.4 months. Support for permanent DST historically reverses into opposition when experienced. Permanent DST has failed several times; it cost American children's lives in 1974.<sup>[BBC][Ripley][Yorkshire]</sup> No law can make winter feel like summer.

Moving clocks to DST acutely deprives sleep. Leaving clocks on DST chronically deprives sleep (estimated average 19 minutes nightly).<sup>[Giuntella][Roenneberg]</sup> Artificial delay of sunrise by one hour continually 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%).<sup>[Gibson][Giuntella][Gu][Roenneberg]</sup> It's not just clock change that harms, but also DST's forced early waking. Permanent Standard Time instead lets people sleep longer.<sup>[AASM][Juda][SRBR]</sup> It's the natural time, defined by the sun.

Professional polling shows strong public support to end clock change, with preference for Standard Time.<sup>[AP]</sup> Permanent Standard Time is federally permitted by the Uniform Time Act. Standard Time preserves the morning sunlight needed daily by human biology. Its benefits to circadian health improve immunity, longevity, mood, alertness, and performance at school and work. They prevent traffic deaths, lower crime, and reduce chronic illnesses.<sup>[AASM][Juda][SRBR]</sup> Standard Time protects start times for schoolchildren, farmers, and most working adults, by letting citizens sleep naturally past sunrise year-round.<sup>[Borisenkov][Cell][Schlanger][Skeldon]</sup>

Scores of organizations, representing millions of researchers, doctors, teachers, parents, and community leaders worldwide, oppose DST and endorse permanent Standard Time.

Among these are the Maryland Sleep Society, Southern Sleep Society, American College of Chest Physicians, National Safety Council, American Academy of Sleep Medicine, National Sleep Foundation, National PTA, American College of Occupational & Environmental Medicine, Start School Later, Society for Research on Biological Rhythms, and many more state, national, and international groups.<sup>[AASM][CSS][NSF][SRBR]</sup>

Please hear the consensus of doctors, teachers, polling, 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](mailto:jay@savestandardtime.com)

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# REJECT PERMANENT DAYLIGHT SAVING TIME

Forces early waking. Decreases immunity and alertness. Repeat failure.

**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.



**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. S38, ACS, USCB, 2014. <https://fivethirtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

**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>



Why repeat bad history? Permanent Standard Time is the safest and quickest way to end clock changes.



**SAVE STANDARD TIME**

# RESTORE PERMANENT STANDARD TIME

Improves sleep. Best for health, safety, education. Federally pre-approved.

**"Permanent Standard Time is the only fair, viable option.**

"...Permanent Daylight Saving could create real health/safety issues.

Humans require adequate morning light so that our internal biological rhythms synchronize properly to local time. Lack leads to metabolic disorders, depression, cardiovascular disease..."

**Chancellor Gene Block PhD, UCLA  
Prof Johanna Meijer PhD, Leiden University**

<https://newsroom.ucla.edu/stories/who-wants-to-go-to-work-in-the-dark>



**SAVE STANDARD TIME**

**"Permanent Standard Time is the best choice to match our 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/>



**SAVE STANDARD TIME**

**"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/>



**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**



# SAVE STANDARD TIME

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

## 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 College of Chest Physicians	National Safety Council
American Academy of Sleep Medicine	National Sleep Foundation
National PTA	American College of Occupational Medicine
American Academy of Dental Sleep Medicine	Start School Later
American Academy of Cardiovascular Sleep Med	National Education Association
American Federation of Teachers	National School Boards Association
Rabbinical Council of America	Agudath Israel of America
Indiana State Medical Association	Florida PTA
Northwest Noggin Neuroscience	California Sleep Society
Wisconsin Sleep Society	Kentucky Sleep Society
Missouri Sleep Society	Hampden District Medical Society
Tennessee Sleep Society	Maryland Sleep Society
Regional Adolescent Sleep Needs Coalition	Southern Sleep Society
Capitol Neurology	Michigan Academy of Sleep Medicine
Dakota Sleep Society	Rabbinical Council of California
Agudath Israel of California	California Islamic University
Agudath Israel of Florida	Cuyahoga Astronomical Association
Ohio Bicycle Federation	Adath Israel San Francisco
Stephens Memorial Observatory	Campaign to Opt Out of DST in Texas
Agudath Israel of Chicago	Canadian Sleep Society
Association of Canadian Ergonomists	Canadian Society for Chronobiology
Solaris Fatigue Management	World Sleep Society
Society for Research on Biological Rhythms	Society of Anesthesia & Sleep Medicine
Society of Behavioral Sleep Medicine	Society for Light Treatment & Biological Rhythms
Daylight Academy	B-Society
Good Light Group	International Alliance for Natural Time
European Biological Rhythms Society	European Sleep Research Society
Australasian Chronobiology Society	

### Individuals (non-comprehensive list)

Elizabeth B Klerman MD PhD, Professor, Harvard Medical School, Boston, Massachusetts  
Michael T Lam MD PhD, San Diego, California  
Michael McCarthy MD PhD, Center for Circadian Biology, University of California, San Diego  
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  
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 Linda Petzold PhD, Professor, University of California, Santa Barbara  
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