



SAVE STANDARD TIME

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

2022 March 8

Subcommittee on Consumer Protection & Commerce
Committee on Energy & Commerce
United States House of Representatives
Washington, District of Columbia

Re: Reject Permanent DST, Restore Permanent Standard Time

Dear Honorable Representatives,

Please reject calls to retry permanent Daylight Saving Time, a policy that has repeatedly failed with loss of money and lives. Please instead restore permanent Standard Time, for lasting health, safety, education, and prosperity.

Professional polling shows strong public support to end clock change, with preference for Standard Time.^[AP] Permanent Standard Time can be restored by striking just one paragraph from the Uniform Time Act (15 USC §260a). 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.^{[AASM][Juda][SRBR]} Standard Time protects start times for schoolchildren, farmers, and most working adults, by letting citizens sleep naturally past sunrise year-round.^{[Borisenkov][Cell][Schlanger][Skeldon]}

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 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.^{[AASM][CSS][NSF][SRBR]}

Permanent DST would require rewriting nearly the entire Uniform Time Act. It would also force constituents to wake an hour early relative to sunrise, every workday from November through March. It would artificially delay sunrises past 8:45am in most states, and past 8am up to 3.9 months in most states. Historically, support for permanent DST reverses into opposition when experienced. Permanent DST has failed several times; it cost American children's lives in 1974.^{[BBC][Ripley][Yorkshire]} 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).^{[Giuntella][Roenneberg]} 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%).^{[Gibson][Giuntella][Gu][Roenneberg]} It's not just clock change that harms, but also DST's forced early waking. Permanent Standard Time instead lets people sleep longer.^{[AASM][Juda][SRBR]} It's the natural time, defined by the sun.

Please hear the consensus of doctors, teachers, polling, and history. Save time, money, and lives. End clock change, yes—but only with permanent Standard Time.

Sincerely,



Jay Pea
President

jay@savestandardtime.com

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REJECT PERMANENT DAYLIGHT SAVING TIME RESTORE PERMANENT STANDARD TIME

Most work/school starts at 8am.

How would you rather start your day half the year?



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/>

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REJECT PERMANENT DAYLIGHT SAVING TIME RESTORE PERMANENT 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

"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

"An extra hour of natural light in the evening reduces sleep duration by an average of 19 minutes.

"...Discontinuity in the timing of natural light has significant effects on health outcomes typically associated with circadian rhythms disruptions (eg obesity, diabetes, cardiovascular diseases, and breast cancer) and economic performance (per capita income)."

Osea Giuntella PhD, University of Pittsburgh

Fabrizio Mazzonna PhD, University of Southern Indiana

<https://www.sciencedirect.com/science/article/abs/pii/S0167629618309718>



SAVE STANDARD TIME

"Our bodies are much more in tune with Standard Time than they are Daylight Saving Time."

Andrew Stiehm MD

Sleep Specialist, United Lung & Sleep Clinic

<https://kstp.com/news/new-bills-aim-to-make-daylight-saving-time-permanent-in-minnesota-february-12-2020/5643028/>



SAVE STANDARD TIME

"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/>



SAVE STANDARD TIME

"[Standard Time's] light in the morning not only makes you feel more alert, but helps you go to bed at the right time at night."

Beth Ann Malow MD MS

Sleep Neurologist, Vanderbilt University

<https://khn.org/news/daylight-saving-time-debate-changing-clocks-is-bad-for-your-health-but-which-time-to-choose/>



SAVE STANDARD TIME

"Permanent Daylight Saving will undermine any benefits of shifting school start time later.

"...A required wake time of 7am during Daylight Saving leads to the same degree of misalignment as a required wake time of 6am during Standard Time. With permanent Daylight Saving, schools would need to delay start times by one hour during winter just to maintain the status quo!"

Anne Skeldon PhD

Professor of Biology, University of Surrey

<https://www.eurekalert.org/news-releases/771715>



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"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>



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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)

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
 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
 Scott Cookson PhD, Quantitative BioSciences, San Diego, California
 Jason DeBruyne, PhD, Associate Professor, Morehouse School of Medicine, Atlanta, Georgia
 Grant Denn PhD, Physics Department Chair, Metropolitan State University of Denver, Colorado
 Heinz Freisling MSc PhD, Epidemiologist, International Agency for Research on Cancer, Lyon, France
 Frederic Gachon PhD, Group Leader, Physiology of Circadian Rhythms, Institute for Molecular Bioscience
 Karen L Gamble PhD, Professor, The University of Alabama, Birmingham
 Susan S Golden PhD, Director, Center for Circadian Biology, University of California, San Diego
 Marijke CM Gordijn MS PhD, Chrono@Work, University of Groningen, Netherlands
 Bill Griesar PhD, Northwest Noggin Neuroscience Outreach Group, Portland, Oregon
 Liz Harrison PhD, Center for Circadian Biology, University of California, San Diego
 Dietrich Henckel PhD, Professor, Technical University of Berlin, Germany
 Erik Herzog PhD, Professor of Biology, Washington University, St Louis, Missouri
 Myriam Juda PhD, Researcher, Simon Fraser University, Vancouver, British Columbia
 Thomas Kantermann PhD, Institute for Labour & Personnel, FOM University of Applied Science, Essen, Germany
 Achim Kramer PhD, Professor of Chronobiology, Charité – Universitätsmedizin Berlin, Germany
 Camilla Kring PhD, Speaker, Author, & Entrepreneur, Copenhagen, Denmark
 Katja Lamia PhD, Associate Professor of Molecular Medicine, Center for Circadian Biology, UC San Diego
 Andy LiWang PhD, University of California, Merced
 Travis Longcore PhD, Institute of the Environment & Sustainability, University of California, Los Angeles
 Emily Manoogian PhD, Postdoctoral Fellow, San Diego, California
 Peter Mansbach PhD, Bethesda, Maryland
 Erik Maronde PhD, Scientist, Frankfurt, Germany
 Girish Melkani MS PhD, Associated Research Professor, San Diego, California
 Martha Merrow PhD, Professor of Chronobiology, Ludwig Maximilian University of Munich, Germany
 Matt Metzgar PhD, Clinical Professor of Economics, University of North Carolina, Charlotte
 Ralph Mistlberger PhD, Professor, Simon Fraser University, Vancouver, British Columbia
 João Nunes PhD, Biochemistry Researcher, Dresden, Germany
 Marie Pariollaud PhD, Postdoctoral Associate, Scripps Research, La Jolla, California
 Ketema Paul, PhD, University of California, Los Angeles
 Linda Petzold PhD, Professor, University of California, Santa Barbara
 Frank Powell PhD, Professor of Medicine, University of California, San Diego
 Kendall Satterfield PhD, San Diego, California
 Dorothy D Sears PhD, San Diego, California
 Lori L Shemek PhD, Health Expert & Bestselling Author, Dallas–Fort Worth, Texas
 Benjamin Smarr PhD, Professor of Bioengineering & Data Science, University of California, San Diego
 Andrea Smit PhD, Researcher, Simon Fraser University, Vancouver, British Columbia
 Barbara Sorg PhD, Legacy Research Institute, Portland, Oregon
 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
 Judy Village PhD CCCPE, President, Association of Canadian Ergonomists, British Columbia
 Daniel S Whittaker PhD, Los Angeles, California
 Anna Wirz-Justice PhD, Professor Emeritus, Centre for Chronobiology, University of Basel, Switzerland
 Irving Zucker PhD, University of California, Berkeley
 Mariah Baughn MD, San Diego, California
 Steven M Croft MD FAAN, Neurologist, Houston, Texas
 Richard E Cytowic MD, Washington, DC
 Mona Ezzat MD, San Diego, California
 John F Gottlieb MD, Clinical Assistant Professor of Psychiatry & Behavioral Sciences, Chicago, Illinois
 Royan Kamyar MD, Physician, La Mesa, California
 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