



SAVE STANDARD TIME

2024 February 9

Senate Interim Committee on Veterans, Emergency Management, Federal, & World Affairs
Oregon State Legislature
Salem, Oregon

Re: **Yes on SB 1548** – Quickest, healthiest way to end disruptive clock changes.

Dear Honorable Senators,

Please support SB 1548, permanent Standard Time (**natural time**), for the health, mood, safety, education, and economy of schoolchildren, commuters, farmers, construction workers, and more. Daylight Saving Time (**fast time**), costs lives and money, and permanent DST would cost more (which is why it is federally prohibited).

Scores of organizations and hundreds of researchers, physicians, teachers, parents, religious leaders, and journalists on the left and right oppose DST and endorse permanent Standard Time. Among these are **NW Noggin Neuroscience** (in Portland), the American Medical Association, **American Academy of Neurology**, American College of Chest Physicians, **National Safety Council**, American Academy of Sleep Medicine, National PTA, American College of Occupational & Environmental Medicine, Start School Later, **Canadian Sleep Society**, Association of Canadian Ergonomists, editorial boards of *Bloomberg*, *Star Tribune*, *Oregonian*, *Sun Sentinel*, writers from *Cato*, *Daily Wire*, *Breaking Points*, and many more.

Permanent Standard Time is approved by the Uniform Time Act; it **can end clock change quickly**, as most voters wish. It can do so **without delaying sunrise**, for well-being and prosperity. Permanent Standard Time has been observed for decades in **Arizona, Hawaii**, all five US territories, and most nations. Most of **Mexico** restored permanent Standard Time in late 2022, and more American states have permanent Standard Time bills than ever before. Permanent Standard Time would protect start times for **schoolchildren** and **essential workers** (farmers, police, firefighters, commercial drivers, transit operators, healthcare personnel, teachers) by letting most sleep naturally past sunrise most days. Its benefits to circadian health would improve immunity, longevity, **mood**, alertness, and performance in **school, sports, and work**. It can **prevent traffic deaths, lower crime, and reduce chronic illnesses**. Standard Time is the natural clock, **set to the sun** (also known for this reason as **God's time**).

Permanent DST instead is prohibited by the Uniform Time Act; it **cannot end clock change quickly**. It would **delay sunrise** past **8am** (when most school/work begins) for **three to four months**, to nearly **9am**, in most of the state. It increased **deaths and injuries**, especially of children, when last attempted in the US. It would force constituents to wake an hour early relative to solar time every weekday all winter. **Oregon rejected permanent DST** in 1974, and it failed in several other years and places. It would deprive morning light needed by **farmers, construction workers, and other outdoor laborers**. It would revert benefits of starting school later. It would **delay radio broadcasts** of morning news until most people have begun work. It would increase need for **morning heat and evening air conditioning** in homes. It would disrupt worship for those who pray daily at sunrise. Moving clocks to DST acutely deprives sleep; leaving clocks on DST **chronically deprives sleep**. DST's delayed sunrise significantly increases accidents, **disease**, and healthcare costs. It significantly decreases **learning, productivity, and earnings**.

Please hear the nonpartisan consensus of history and science. Save time, money, and lives. Please **support SB 1548** to ditch DST and restore permanent Standard Time in a matter of mere months.

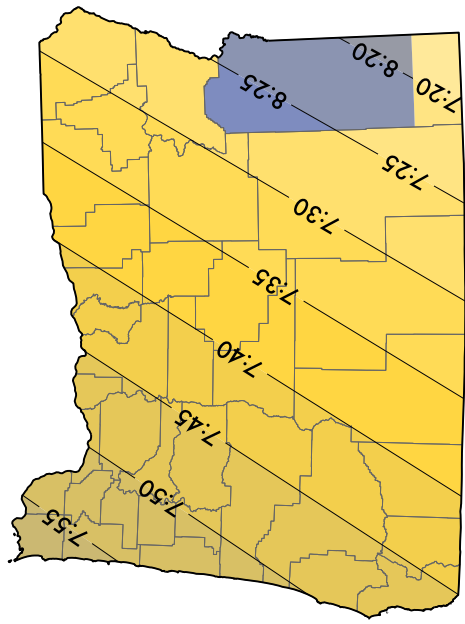
Sincerely,

Jay Pea
President

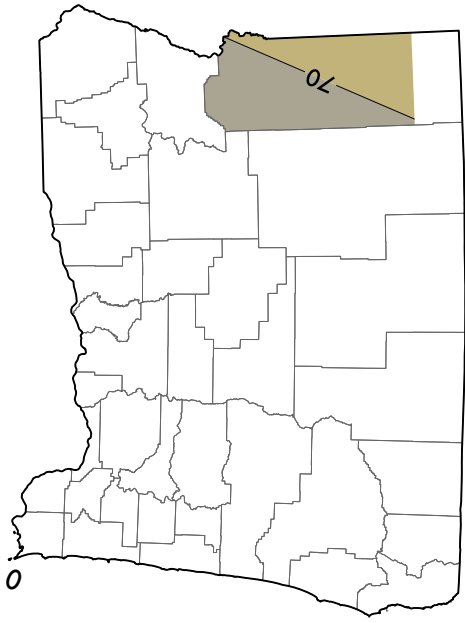
jay@savestandardtime.com

PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises

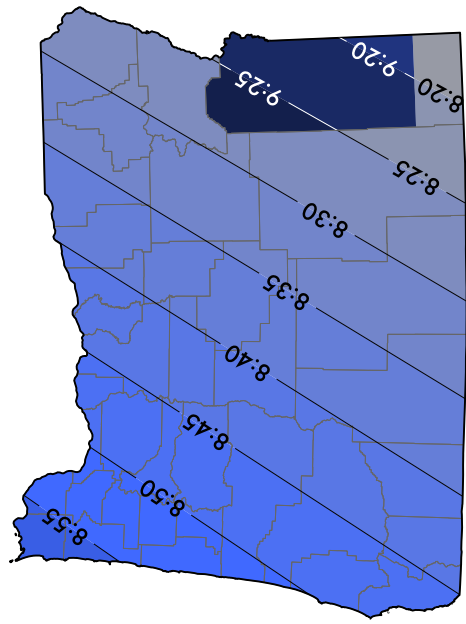


Days with Post-8am Sunrise

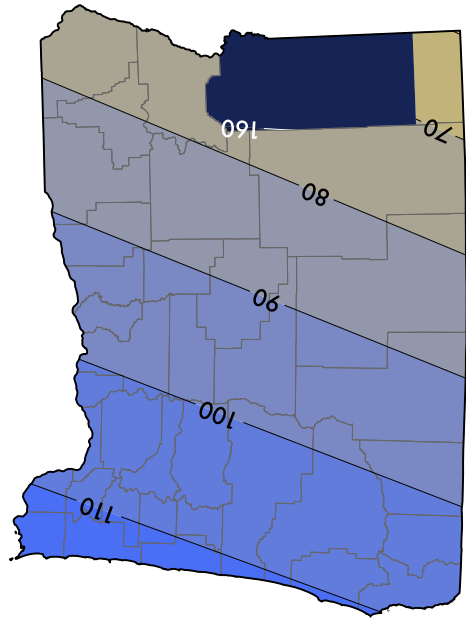


PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

Time of Latest Sunrises



Days with Post-8am Sunrise



Morning sunlight is essential to health, mood, safety, learning, and productivity.

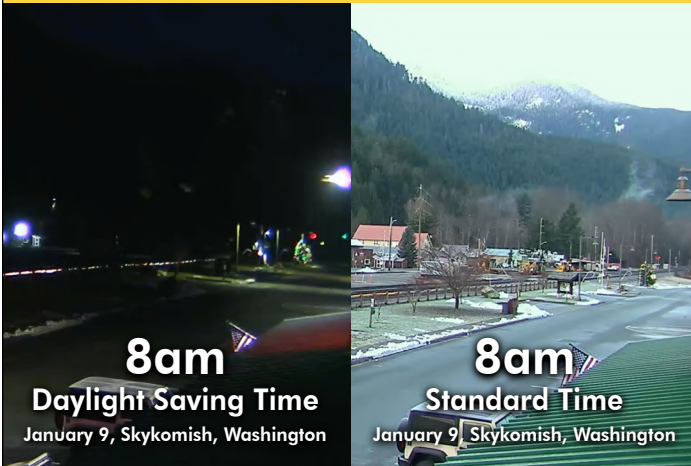
Most work and school days in the United States start at or before 8am. Latest winter sunrises occur from late December to mid-January.



YES ON SB 1548

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

“We would do well to end the shift, but settle on Standard Time.
The overall health and safety implications of permanent Daylight Saving Time are too great to ignore.”

David Wagner PhD

Head, Department of Management,
Lundquist College of Business, University of Oregon

<https://business.uoregon.edu/news/sleep-health-changing-of-the-clock>

“Permanent Standard Time is good for kids.

We need to support legislation that puts the health of adolescents over corporate political influence. Permanent Standard Time, not permanent Daylight ‘Saving’ Time, is best for all of our brains.”

Bill Griesar PhD

Northwest Noggin Neuroscience, Oregon

<https://nwnoggin.org/2022/12/12/hey-vancouver-let-kids-sleep/>

“Oregon should remain in Standard Time.

[Permanent Daylight Saving Time’s] marginal benefit of an extra hour of light during a limited number of summer evenings is not worth spending nearly a third of the year’s mornings in darkness.”

The Oregonian Editorial Board

<https://www.oregonlive.com/opinion/2022/03/editorial-a-wake-up-call-to-ditch-daylight-saving-time.html>

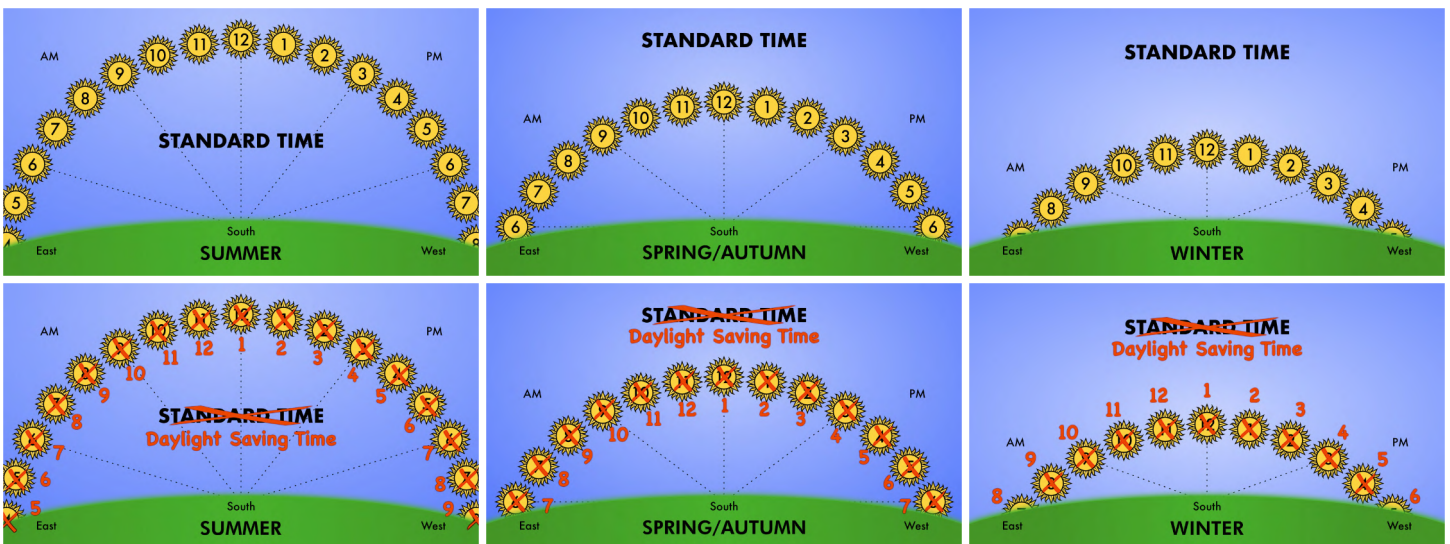
“Permanent Standard Time is the only fair, viable option...

“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

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

STANDARD TIME ALIGNS TO THE SUN • DAYLIGHT SAVING TIME FORCES EARLIER WAKING





SAVE STANDARD TIME

Endorsements of Permanent Standard Time as the Best Year-Round Clock

The following endorse permanent Standard Time (natural time), not permanent Daylight Saving Time (fast time), as the best way to end clock change. This list is non-comprehensive. More at: savestandardtime.com/endorsements

Health

Alabama Board of Medical Examiners & Licensure
American Academy of Cardiovascular Sleep Medicine
American Academy of Dental Sleep Medicine
American Academy of Neurology
American Academy of Otolaryngology—Head & Neck
American Academy of Sleep Medicine
American Association of Public Health Physicians
American Association of Sleep Technologists
American College of Chest Physicians
American College of Lifestyle Medicine
American Medical Association
American Society for Metabolic & Bariatric Surgery
American Thoracic Society
California Medical Association
California Sleep Society
Canadian Sleep Society
Canadian Society for Chronobiology
Capitol Neurology
Dakota Sleep Society
Hampden District Medical Society

Indiana State Medical Association
Kentucky Sleep Society
Kimmey Lab
Massachusetts Medical Society
Michigan Academy of Sleep Medicine
Missouri Sleep Society
Montana Sleep Society
National Sleep Foundation
Northwest Noggin Neuroscience
San Diego Academy of Child & Adolescent Psychiatry
San Diego Psychiatric Society
Sleep Research Society
Society for Light Treatment & Biological Rhythms
Society for Research on Biological Rhythms
Society of Anesthesia & Sleep Medicine
Society of Behavioral Sleep Medicine
Southern Sleep Society
Tennessee Sleep Society
Wisconsin Sleep Society
World Sleep Society

Education & Families

Anne Arundel County Public Schools
Colorado Parent–Teacher Association
Florida Parent–Teacher Association
League of Women Voters of Delaware County

Maryland Association of Boards of Education
National Parent–Teacher Association
Regional Adolescent Sleep Needs Coalition
Start School Later

Safety & Labor

American College of Occupational/Environmental Med
Association of Canadian Ergonomists
B-Society
Daylight Academy

Good Light Group
National Safety Council
Solaris Fatigue Management
USA Weather, Dallas–Fort Worth, Texas

News Editorial Boards

Bloomberg Opinion
The Daytona Beach News–Journal
Minneapolis Star Tribune

The Oregonian
South Florida Sun Sentinel

General

Adath Israel San Francisco
Agudath Israel of America
Agudath Israel of California
Agudath Israel of Maryland
California Islamic University
Campaign to Opt Out of Daylight Saving Time in Texas
Coalition for Permanent Standard Time
Cuyahoga Astronomical Association

Gulf Coast Fabrian
International Alliance for Natural Time
Ohio Bicycle Federation
Rabbinical Council of America
Rabbinical Council of California
Stephens Memorial Observatory
Working Time Society
Yes Watch

Endorsement of permanent Standard Time policy is not endorsement of Save Standard Time Inc.

End the Switch and Support **PERMANENT STANDARD TIME**

Every year, we make the switch between standard time and daylight saving time (DST) when we “fall back” to standard time in November and “spring forward” to DST in March. This annual switch is quite simply not good for our health. [Data clearly shows](#) that the **abrupt change from standard time to DST in March is associated with significant public health and safety risks**, including increased risk of adverse cardiovascular events, mood disorders, and motor vehicle crashes.

It’s critical that we enact legislation to get rid of the switch between standard time and DST. **However, permanent DST is not the answer. Instead, we should move to permanent standard time.** [Current evidence](#) supports the adoption of year-round standard time, which aligns best with human circadian biology and provides distinct benefits for public health and safety. This position is shared by more than 20 medical, scientific, and civic organizations, including the American Academy of Sleep Medicine, American Academy of Neurology, American College of Chest Physicians, American College of Occupational and Environmental Medicine, National PTA, National Safety Council, Society for Research on Biological Rhythms, and World Sleep Society.

DST has been shown to lead to chronic sleep deprivation amongst adults and adolescents. [Research has found](#) that adolescents get less sleep and had longer reaction times, increased lapses in vigilance, and increased daytime sleepiness following the switch to DST. These effects are especially pronounced in children with autism who are especially susceptible to chronic sleep issues. Permanent standard time is the best option for health.

DST also leads to circadian misalignment - a mismatch in the timing between our biological clocks and our work, school, and sleep routines. This misalignment happens

when we are waking up in the dark to go to work or school or getting late evening light that can adversely affect the body's ability to fall asleep by suppressing melatonin. Circadian misalignment has been correlated with detrimental health effects, including cancer, cardiovascular disease, Type 2 diabetes, and neurodegenerative disease.

Congress previously enacted legislation to make DST permanent and repealed it less than a year later. During the 1974 energy crisis, permanent DST was thought to save energy by decreasing the need for electric lighting in the evening. However, energy savings from DST appear negligible, as air conditioning needs often increase in the late afternoon in the summer and heating needs often increase in the morning in the winter. In addition, the dark mornings were very unpopular, with sunrise arriving in DC and New York around 8:30am and not until around 9am in Detroit and Indianapolis. Moreover, a number of children were fatally struck by cars as they made their way to school in the dark. Permanent DST was repealed by Congress less than a year after its implementation. The House vote to end permanent DST was 383-16 and the Senate agreed in a voice vote.

AASM supports elimination of seasonal time changes in favor of a fixed, national, year-round standard time, which aligns best with human circadian biology and provides distinct benefits for public health and safety. For additional information contact Eric Albrecht at ealbrecht@aasm.org or AASM Washington Representatives Amy Kelbick at akelbick@mcdermottplus.com.