

# 1 **SAVE DAYLIGHT SAVING TIME**



## **The Coalition for Permanent Daylight Saving Time urges you to OPPOSE SB 566**

Hello! This is a coalition and group working to Save the 8 month observation of Daylight Saving Time, making Daylight Saving Time permanent and ENDING the observation of Standard Time.

Hello Oregon Senate Committee On Veterans, Emergency Management, Federal and World Affairs please oppose SB 566 which establishes Permanent Standard Time only for the Pacific Time Zone of Oregon, if Portland is on Standard Time year-round, they will be 2 hours behind the Mountain Time Zone of Oregon for 8 months, secondly Permanent Standard Time has proven to be worse than changing clocks 2x a year as it will double the amount of deer-vehicle collisions, car crashes, human injuries and deaths and billions of costs a year.

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### Brief Summary:

Where is a group for Permanent Daylight Saving Time? There has to be one, where is the website, well, there was a website called [www.permanentdaylightsaving.com](http://www.permanentdaylightsaving.com) but unfortunately, when clicked, it didn't exist anymore. 😞 But here is the document. We have scientific backing for Daylight Saving Time, but none are from medical organizations, and we don't need them. We LOVE Daylight Saving Time! We are Daylight Saving Time lovers! APPRECIATE what it does! It provides an extra hour of light at the end of the day, but unfortunately, it's taken away from the morning, there is NOTHING we can do to increase daylight hours and decrease daylight hours, it is by earth's tilted axis which tilts 22 degrees every 6 months, days are naturally long in the summer and short in the winter. Please, pretty PLEASE **DO NOT** let Save Standard Time, the Standard Time people, and Medical Organizations overtake us and win by taking away our beloved 8-month observation of Daylight Saving Time, they have been misinforming people with a bunch of pseudosciences, brainwashing people into thinking that Permanent Standard Time is best for health and safety when recent studies contradict the benefits and reasons of Permanent Standard Time, it is instead people themselves that's why people have good and bad health. We need to **STOP** their efforts and **PREVENT** them from Succeeding in making Standard Time permanent!

### Our Save Daylight Saving Time Agenda



Permanent Standard Time from happening!

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Getting blocked by Standard Time advocates on X not only shows that we Permanent DST advocates are more trustworthy, it tells you who is lying and who is not. When we get blocked by Standard Time advocates, they have lost the credibility and know that what we Permanent DST advocates are saying is accurate! If you want Daylight Saving Time to stay and you don't like the medical organizations speaking for us & advocating for permanent standard time! SUPPORT US! We are a movement trying to prevent Permanent Standard Time from happening and pushing for Permanent DST.

But, in general, with kind regards, if you really do hate morning darkness and evening light, we can give you some tips. The standard time advocates tell us to get up earlier if we want more light in the evening, now let's be honest, you won't do it, you will instead prefer to sleep through the sunshine hours in the morning, masochists like a 5:30 a.m. run before work, but you probably don't. Do you seriously think it is that easy?

#### **Full-year standard time wastes useful daylight hours**

If you hate Daylight Saving Time, sorry! That's not our problem!  
It is your problem! 🙄

If you want to stay healthy We encourage you to:

- Get up later
- Go to work later
- Change your work schedule
- Tell your boss, let me sleep in
- Fix your health yourself
- Go to sleep earlier, get up later on holidays
- Eat healthy
- Exercise more

Instead of punishing the rest of society to live under early sunrise and sunset, by not letting working people enjoy at the end of the day and take advantage of the evening sun.

If you want more sleep, please Go to sleep earlier and get up later especially on your days off, holidays or weekends instead of punishing the rest of the society who are coming home in the dark, leaving us with no time to enjoy. The ONLY part or time where sleep improves is when we fall back and stay on it temporarily

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Standard Time is healthier? Um no, not really, not always.

“In standard time, the sun is directly over our heads at noontime,” said doctor Vivesh Kapur at the American Academy of Sleep Medicine, Well it is true that Standard Time IS intuned with our natural rhythms and helps prevent circadian misalignment, BUT everyone has different circadian rhythms, Permanent Standard Time will NOT fix your circadian rhythms, and neither will Daylight Saving Time.

Good Health and Bad health happen regardless of clock,

**Los Angeles California needs to be on the same time as Phoenix Arizona! UTC-7**

<https://www.jpmorganchase.com/institute/research/cities-local-communities/jpmc-institute-daylight-savings-report>

**Los Angeles, CA competes with Phoenix, AZ in commerce and spending**

“If the extra hour induces additional spending, we would expect to see an increase in local commerce in Los Angeles relative to local commerce in Phoenix. In November, the opposite should happen. Los Angeles would lose an hour of post-work sunlight, and we would expect to see local commerce in Los Angeles decline relative to local commerce in Phoenix.” “In the 30 days after DST ends, daily card spending per capita in Los Angeles declines 3.5 percent relative to spending in Phoenix”.

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## End Clock Change! No Go Standard! NO!! Go DST! Debate and Conflict

**Yes! MOST people in the United States DON'T like changing their clocks 2x /year!!! But there is no agreement!**

Some people want Standard, some people want Daylight, others say split 30 min, few say keep changing, there is no consensus, said Congressman Frank Pallone (D) representing New Jersey's 6th Congressional District.

Under the Uniform Time Act of 1966, States can participate in changing the clocks 2x a year, or exempt themselves from Daylight Saving Time and observe Permanent Standard Time. But unfortunately, Permanent Daylight Saving Time is not allowed and requires congressional approval.

Yes! This group agrees! End Clock Change! #LockTheClock and go to **Permanent Daylight Saving Time!** **NOT Permanent Standard Time!** By urging Congress to change the Uniform Time Act of 1966, and being patient until Congress gives the green signal to go to Permanent Daylight Saving Time, Congress has not acted since 2022! Why? Because Congress is busy with other matters that are taking place and grappling with other things that are the main priority.

Or change Clocks, **Come On! Just Be Patient! Changing the clocks 2x a year is not a difficult task!** We have technology, our electronic devices automatically switch and abide by the rules of the government, the only thing you need to change is your oven clock, microwave clock, your watch, car clock, wall clocks, you hate changing? That's not our problem! Our greatest advice is to stop buying so many clocks. We see many many of the complaints from people who are lazy and just love whining about things that are unimportant, If we end the clock change, Option 1, we will have sunrise at 9 am, which many people will be complaining about! Option 2, we Will have sunrise at 4 am which is ALSO something many people will be complaining about!

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## **Evidence, Scientific backings for Permanent Daylight Saving Time**

### **| Energy**

While Daylight Saving Time doesn't necessarily have a significant impact on Energy, In conclusion, it's clear that Daylight Saving Time does save electricity by significantly reducing the amount of energy used for electric lighting. So what DST does is, it reduces household lighting which lowers our lighting \$ bills, the percentage of household lighting is unknown, but as far as what the studies have concluded and found out that DST reduces 0.5%--1% of electricity, the con of energy impacts of DST is that DST, unfortunately, increases heating and air conditioning demands, the DOT (Department of Transportation) has said DST save 0.5% energy

<https://www.energynewsroom.com/article/does-daylight-saving-time-really-save-energy/>

<https://www.saveonenergy.com/resources/daylight-saving-energy/>,

When DST ends we see an uptick in crime, assault, and murder rates, a 3% increase in murder rates when we switch to Standard Time, and a 3% decrease when in murder rates we switch to DST but which unfortunately is temporary

- <https://www.thedailybeast.com/the-strange-tie-between-daylight-time-and-assault-rates>

- <https://www.livescience.com/60806-daylight-saving-time-linked-to-assault.html>

Stanford University shows that robbery rates tend to fall when we switch to DST, we see a temporary decrease, in murder rates, and assault rates, but they start increasing regardless of what time it is whether we set our clocks to standard or daylight

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<https://siepr.stanford.edu/publications/working-paper/under-cover-darkness-using-daylight-saving-time-measure-how-ambient>

### **Economy**

<https://www.marketplace.org/2022/03/16/how-will-making-daylight-saving-time-permanent-affect-the-economy/> Biggest Businesses Corporations, Lobbying interests, Chamber of Commerce

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which is a LONG TIME promoter of DST,, golf, factories, recreational centers and other economic interests call for Year-Round DST

<https://www.jpmorganchase.com/institute/research/cities-local-communities/jpmc-institute-daylight-savings-report>

Our unprecedented view of spending around the beginning and end of DST does not support the consumer spending claims of DST advocates. Our analysis finds the policy is associated with a 0.9 percent increase in daily card spending per capita in Los Angeles at the beginning of DST and a reduction in daily card spending per capita of 3.5 percent at the end of DST.

One finding often cited as evidence of the economic benefits of the switch comes from the JP Morgan Chase Institute, which in 2016 found that consumer spending dropped 3.5% after the end of daylight saving time in November. That suggests some consumers pare their spending when there's one less hour of daylight at the end of the day for them to shop or do errands.

<https://winknews.com/2022/03/21/could-permanent-daylight-saving-time-jump-start-the-economy/>

<https://youthpolicylab.umich.edu/news/how-will-making-daylight-saving-time-permanent-affect-the-economy/#:~:text=Businesses%20have%20the%20advantage%20of,shop%20on%20their%20way%20home.%E2%80%9D>

<https://thehill.com/blogs/congress-blog/politics/597190-to-jumpstart-the-economy-make-daylight-saving-time-permanent/> The switch to DST temporarily causes a loss in productivity and money

## Safety (Traffic and Pedestrian)

<https://pubmed.ncbi.nlm.nih.gov/15003579/>

About 171 Pedestrian Deaths would be saved if we switch to Year-Round DST, and Motor Vehicle occupant fatalities would be reduced by 195 per year if we switch to Year-Round DST it would contribute to improved road safety by reducing pedestrian fatalities by 13% during dawn and dusk hours

<https://www.govexec.com/management/2022/04/5-ways-americans-lives-will-change-if-congress-makes-daylight-saving-time-permanent/364134/> by Steve Calandrillo

Steve Callandrillo says Darkness is 2X fatal than darkness in the morning, because of more people on the road and city than in the morning, drunk driving is high, more accidents due to rush hour, high murder and assault rates



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<https://www.labmanager.com/daylight-saving-time-saves-lives-and-could-save-money-30453#:~:text=The%20extra%20hour%20of%20daylight,15%20percent%20during%20the%20day&text=Fewer%20serious%20road%20accidents%20occur,a%20decade's%20worth%20of%20data>

Daylight Saving Time reduces serious road Accidents by 15-20% and Not transitioning back to Standard Time in the Autumn and keeping that extra hour of sunlight appears to not only be a lifesaver, but also cost-effective for the taxpayer said Dr. Guiseppe Verde PhD in Economics and Health. |

**The evening commute is the most dangerous time to drive and Morning commutes are NOT as dangerous as evening commutes.**

Your Evening Commute is Far more Dangerous than your Morning Commute. Few Standard Time advocates have claimed that the Morning Commute is more dangerous than the Evening commute, they aren't experts. They only want to make arguments to support their preference. We have tried searching for evidence indicating that Morning Darkness is more Fatal than Evening darkness, and it turns out that There is **VERY LITTLE** or **NO** evidence that indicates that morning darkness is more dangerous than evening darkness.

Only a website based in Baltimore indicated that driving in the morning is more riskier than driving in the evening. Standard Time advocates! Please do research before spitting out false information.

<https://www.lomurrolaw.com/blog/2022/12/the-evening-commute-is-the-most-dangerous-time-to-drive/>



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On Behalf of Lomurro Munson LLC | Dec 9, 2022 | Motor Vehicle Accidents

Driving is one of the most dangerous activities in the US, but many Americans rely on their vehicles to commute from work. There are also more dangerous times to drive during the day. Unfortunately, they coincide with most people's commute home at the end of the day.

According to the National Safety Council, automobile crashes frequently occur between 4 and 7 p.m. To learn more about the reasons for this increase, see below.

**Important Note:** The National Safety Council has shown lack of intelligence in endorsing and ensuring safety for everyone, they surprisingly endorse Permanent Standard Time which will worsen public safety in the afternoon and evening. Permanent Standard Time only improves morning safety and would worsen the dangers of evening darkness, if the National Safety Council's job is to ensure safety, they should absolutely NOT endorse Permanent Standard Time because there are recent studies indicating that Permanent Standard Time is worse than changing clocks 2x a year.

<https://www.crandalllaw.com/blog/2023/11/your-commute-may-expose-you-to-a-very-dangerous-time-on-the-road/> Rush hour traffic doesn't just involve full-time workers. The report notes that "crash rates among teenage drivers in cities in Virginia were highest between 7 – 8 am and 2 – 6 pm,"

<https://www.kidney.org/news-stories/your-daily-commute-dangerous> Studies by the NHTSA indicate that the majority of accidents occur during the evening rush hour between 3:00 to 6:00 p.m.

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<https://www.fleschlawfirm.com/blog/your-afternoon-commute-is-more-dangerous-than-your-morning-drive/> **Your afternoon commute is more dangerous than your morning drive.**

Perhaps the most apparent reason for the increased likelihood of car crashes is the surge in traffic. Rush hour happens in the morning and in the afternoon, but surprisingly, the morning commute times are among the safest hours to drive. This applies to every day of the week. For some reason, the morning commute is not as big a factor in car accidents as driving home from work.

<https://www.wawanesa.com/us/blog/avoid-these-dangerous-times-to-drive>

<https://www.truittlaw.com/blog/2021/06/the-commute-home-is-more-dangerous-than-the-trip-to-work/>

<https://www.333mack.com/blog/2024/05/the-dangers-of-commuting-to-work-each-day/#:~:text=Specifically%2C%20the%20afternoon%20commute%20is,every%20weeknight%20are%20particularly%20dangerous> **us.** The hours between 4:00 p.m. and 7:00 p.m. every weeknight are particularly dangerous.

chrome-extension://efaidnbnmnnnibpcajpcglclefindmkaj/<https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813141> Feel free to take a look at No.# of Accidents in 2019. **Evening Commute Gets Darker, It Could Become More Dangerous**

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<https://www.cedars-sinai.org/newsroom/as-evening-commute-gets-darker-it-could-become-more-dangerous/> The evening commute comes as no surprise to be a time when increased accidents happen. Rush hour — weeknights between 3 pm to 6 pm is the most dangerous time on the road.

## Mental Health Benefits of Daylight Saving Time:

The Danish Psychiatric Scientific Study from 2017 shows that when we switch to Standard Time we see an uptick in Seasonal Affective Disorder by 11%  
<https://pubmed.ncbi.nlm.nih.gov/27775953/>

[https://www.ninertimes.com/opinion/opinion-permanent-daylight-savings-will-benefit-mental-health/article\\_e3937a8c-c135-11ed-9f91-07e5d0af1ac3.html](https://www.ninertimes.com/opinion/opinion-permanent-daylight-savings-will-benefit-mental-health/article_e3937a8c-c135-11ed-9f91-07e5d0af1ac3.html)

Permanent Daylight Saving Time will benefit Mental Health  
<https://www.claritychi.com/daylights-savings-mental-health/amp/>

later sunrise and sunsets are connected to lower rates of depression

chrome-extension://efaidnbmninnibpcapjpcglclefindmkaj/<https://econ.washington.edu/sites/econ/files/old-site-uploads/2014/06/Economica-R-and-R-2014-Wolff-Makino.pdf>

TV watching reduces and more light in the evening encourages people to get outside and burn more calories

<https://www.nature.com/articles/s41467-022-34704-9#:~:text=It%20finds%20an%20increase%20in,after%20the%20transition%20in%20fall.>

Our results indicate for the first time that DST is linked with a significant decrease in general mortality in spring (−3.6% week 1; −2.9% week 2 post-DST) as well as a significant increase in the fall (+1.8% week 1; +2.3% week 2 post-DST).

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<https://www.motivationalliance.org/how-can-daylight-savings-time-affect-your-mental-health>

While DST itself does NOT cause mental health problems.

<https://www.express.co.uk/life-style/health/1689332/clocks-going-back-raises-risk-strokes-depression-suicide-heart-problems>

Why Daylight Saving Time is good

<https://www.businessinsider.com/daylight-saving-time-is-good-stop-complaining-2018-3>

<https://www.popularmechanics.com/science/environment/a18011/in-defense-of-daylight-saving-time/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1615292/> During daylight saving time, which shifts an hour of daylight to the busier evening traffic hours, there were fewer fatal crashes. An estimated 901 fewer fatal crashes (727 involving pedestrians, 174 involving vehicle occupants)

<https://www.sciencedirect.com/science/article/pii/S0272494417300762> Daylight Saving Time transitions **Year-round Daylight Time means people walk and ride bikes more.**

Our Fellow UW Law and Economics Professor Steve Calandrillo has tirelessly worked to BEG state legislatures and Federal lawmakers to NOT make a change to Permanent Standard Time! Because there are recent studies that indicated that **Permanent Standard Time is worse than changing clocks twice a year, and it would cause chronic harm to afternoon and evening public and safety.** An argument that is going to put a massive DENT into the argument that Permanent Standard Time would improve everyone's life. A study by Forest Science Professor Laura Prugh and Calum Cunningham says that permanent standard time would increase the number of Deer vehicle collisions by 73,660 (95% CI: 70,346–77,104) annually, incurring a further US\$2.39 billion in collision costs, 4,140 human injuries, and 66 human deaths.

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I just wanted to let you know that we are aware of the “Save Standard Time movement”. **Please KNOW the truth here!** Listen, Just Because there is a coalition for Permanent Standard Time and a non-profit called Save Standard Time Absolutely does **NOT** mean Daylight Saving Time will be going away soon and does **NOT** mean that there is a high chance that we will be moving to Permanent Standard Time. We aren’t saying this just to make you DST fans feel better, it is the truth! Evidence? Yes, there is evidence ---> It has been more than 5 years! More than half a decade after the Push for Permanent Standard Time began, ZERO states have exempted themselves from Daylight Saving Time since 5 years ago. ZERO states have exempted themselves since 1968! I want to know why. 🙄 The coalition for Permanent Standard Time started more than 5 years ago, they had a Full 5+ years to convince lawmakers that Permanent Standard Time is the easiest way to lock the clock, doesn’t require federal approval by sharing their scientific, pseudoscientific studies, and claims. 5+ years in WAY MORE than enough time to convince lawmakers that Permanent Standard Time is the way to go.

**Although Time is not arbitrary. Time is a social construct by humans; human construct, along with measurements, are all wholly man-made.**

**There is NOTHING special and unique about Standard Time. Just like Daylight Saving Time is man-made and came after Standard Time, so is Standard Time. **Standard Time is man-made.** The definition of Standard Time is the first original given time to a certain places sometimes or mostly by longitude, the purpose of Standard Time is to measure the sun's position in the sky and match the sundial by numbers, 12 pm is 12 hours after the beginning of the anti-meridian, which means that that is when the sun hit’s it’s zenith (highest in the sky) of the day. 12 am is 12 hours after the beginning of post meridian, means that that is when the sun hit’s it’s lowest in the sky of the day. Who said this? God? Non-human creature? Someone in the universe? It all started with the Ancient Greeks, Babyloans, and Egyptians who invented numbers and measurements, then Gallelio claimed sun positions and finally Sir**

**Sanford Fleming invented Standard Time in 1883, divided into 24 zones, but today we have 26.**

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- “Clock is man-made”** - **That is TRUE V**
- “Standard Time is God’s clock”** - **That is FALSE X**
- “Standard Time is Nature’s clock”** - **That is FALSE X**
- “Standard Time is the Real Time”** - **That is FALSE X**

These 3 incorrect claims are just typical childish statements just to support their argument and make Standard Time look superior and scaremongering.

**“Science only supports Permanent Standard Time”**

**That is FALSE X**

**“Permanent DST is Anti-Science”** - **That is FALSE X**

**“There is no scientific or medical justification for Daylight Saving Time”** - **Partial []**

**“Just like Daylight Saving Time, Standard Time is 100% Man Made”**

- **That is TRUE V**

<https://articles.adsabs.harvard.edu//full/1942PA.....50..204M/0000205.000.html>

“Standard Time was a creation of man” page 205

## **Permanent Standard Time is NOT Broad Scientific Consensus**

Claim: Permanent Standard Time is broad Scientific consensus

Truth: Permanent Standard Time is NOT Broad Scientific Consensus

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## Please **STOP** saying Permanent Standard Time is Broad Scientific Consensus

For current look the clock bills in state legislature check out some of these websites:

<https://savestandardtime.com/current/>

<https://sco.tt/current-legislation/>

<https://legiscan.com/gaits/search?sort=asc&order=Last+Action&state=ALL&keyword=Daylight%20saving%20time>

We agree with Jeff Gentry that living on the western edges of the time zones under daylight saving time poses a higher health risk. Accidents, cancer rates, less sleep are significantly higher than places aligned in a time zone, however he is wrong about Permanent Standard Time being the best suitable option for the rest of America.

<https://journals.sagepub.com/doi/abs/10.1177/0961463X221104675>

This Save Daylight Saving Time coalition agrees 100% that places like Most of Indiana, & Northwest Michigan on Eastern Time, Northwest of North Dakota in Central Time, Central West Texas on Central Time, Mid-East Oregon on Mountain Time should NOT observe the time they observe for 8 months. They should fall ONE hour only and STAY there permanently

UTC-5 for Indiana and Michigan

UTC-7 for East Oregon and Idaho

UTC-6 for Central West Texas, and North Dakota

See page 18!

### Here is a brief history and fun fact about Daylight Saving Time:

Daylight Saving Time Observation (not changing the clocks) was enacted in 1916 during World War 1 to save Energy, conserve Fuel, oil, and coal mining, increase spending, and save the hour of daylight to the evening when we are most awake and productive, DST was claimed to be for the farmers, but that is actually a myth DST, instead it was enacted for



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commerce, it was also enacted for more reasons, During the War, German Emperor Wilhelm II declared DST in 1916, so Germany was the first to observe it during the war, then France and UK also followed the suit to be in sync with Germany. Benjamin Franklin was believed to have invented Daylight Saving Time but in reality, it was an entomologist from New Zealand named George Hudson. Well the United States has actually enacted Year-Round Daylight Saving Time 2x; one in 1945 by Franklin D. Roosevelt also known as wartime and the second one in 1974 to conserve 150,000 barrels of oil, fuel, and coal, due to the Oil Embargo Crisis of 1974, well it was enacted for almost 2 years, months and months later but a public opinion about year-round DST in 1974 started to turn against it, well dark mornings were the problem and many kids died by sleep-deprived drivers, it was NOT because of dark- mornings, **Early school start times were the culprit!** The Schools during the 1974 Year Round DST Experiment are the ones that should be held accountable for starting too early so punishing and torturing kids' mental health with less sleep. NOT the Year round DST Experiment. We need to start schools later so no children or people have to commute to work or school in the dark.

**Start School later with Permanent Daylight Saving Time**

**NOT Permanent Standard Time**, if we start schools later under Standard Time, kids will be coming home in the dark leaving no time for enjoyment, and they will be at extreme risk of kidnapping and getting killed by car accidents/ hit and run. <https://twitter.com/marcusriccelli/status/1370800524405055488> The really good news is that there are very few pedestrian fatalities involving school-aged children during school time hours said Marcus Riccelli.

**Standard Time advocates! "Permanent DST was tried in 1974" is a LAME excuse and a horrible justification for not trying Permanent DST again and going to Permanent Standard Time.**

**Permanent DST was in effect for only 8 months, secondly, 1974 was more than 50 years ago, lack of transportation, lack of school safety and that time the**

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United States of America was less developed, not close with Daylight Saving Time observation

If you hate changing clocks, please read these articles



<https://www.lowellsun.com/2023/03/12/david-prerau-advantages-abound-with-changing-clocks-twice-a-year/>

The real reason changing of the clocks should STAY! Permanent DST would cause sun to rise past 9 am in the western edges of the time zone during winter, where as Permanent Standard Time would cause the sun to rise at 4 am in the summer, seriously there is no solution, and there is no consensus, if we want to end clock change please let's go to Permanent DST in east and aligned time zones and Permanent Standard on Western edges of time zone

<https://www.sacbee.com/opinion/article286969520.html>

The article supports keeping our clock change which this coalition supports! We support ending clock change WITH Permanent DST in a state like California, and New England, and Permanent Standard Time in a place like MOST of Indiana on Eastern Time, and West Texas on Central Time.

**Schools start too early which is unacceptable, I am also urging the entire Congress and State legislature to Prohibit Schools from starting early, by filing a bill to prohibit ALL schools or University/Colleges and Work places from starting before 9 am especially during winter, pass, and make it law with president Biden's signature so that NO ONE has to wake up in the dark with less sleep torturing people's mental health, but locking the clock on Standard Time to solve the problem of kids and start times is NOT the way to go, if we go that way, that will be very detrimental to rush hour safety, locking the clock on Standard Time will leave kids with no time for enjoyment, they will walk home in the dark and be at Extreme risk for kidnapping and death.**

**Sleep Experts have Failed to speak on this issue, I urge you to please Reject and Ignore Sleep Expert's calls for Permanent Standard Time without any reasonable backing.**

**What is the benefit of the sun rising at 4 am in the summer when many millions across the country are still in bed sleeping, or there**

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could be some people who are probably staying up playing video games or studying and have not gone to bed, and you want to have the sun blast in our windows at a horrible timing? Why should we make sunrise at 4 am? There is no reason for that. Sleep Experts have YET to tell us about the harms of sleep in the mornings by having the sun rise too early. Having the sunrise too early messing with our sleep and birds chirping is something Sleep Experts have been silent on and haven't spoken on. We already sleep through sunrise naturally for 6 months straight, I don't know what is their backings to move sunrise earlier, I don't know about you on summertime enjoyment, but sunset at 7 pm will destroy our summer events and cut our businesses, forcing us back inside as it will start to get dark earlier. **Sleep Experts don't want us to play outside, they want us to feel depressed,** they EXCLUDE the mental health benefits of Daylight Saving Time's sunlight in the afternoons and evenings, when those sleep experts talk about mental health, why don't the mental health benefits of Daylight Saving Time play a role in this arguments and instead sleep does, that is Bias! Sleep Experts haven't spoken on how other people's circadian rhythms work, How are 4 pm sunsets beneficial to mental health? They are actually harmful to mental health leaving us no time to burn calories. Getting dark earlier has proven to be harmful to mental health.

## Our scientific quotes:

- Turning the clocks back an hour can increase the risk of seasonal affective disorder, also known as "SAD." said Cleveland Clinic psychologist Doctor. Susan Albers "When there is a shift in the season and our access to daylight, our bodies struggle to adjust,

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- "Research has shown the significant health benefits of Extending Daylight Saving Time for the Entire Year" Dr. Jennifer Bencie who is the Florida Department of Health

To lower Diabetes, Obesity, Stress, Blood Pressure, and more, the hour of sun put into the evening, especially during the summer (not the switch) increases physical activity

- "The loss of Afternoon sunlight decreases the time people spend outdoors" Dr. David A. Merrill MD PhD Brain Health, and Geriatric Psychiatry

- The good news is that once people adjust to the time change, overall depression rates tend to fall – later sunrise and sunset are connected to lower rates of depression. Additionally, because it gets dark later, people are active and exercise more, which improves anxiety and depression. Finally, we tend to be more social and engaged with others, which impacts our mental health.

Erin Swinson, LMHCA, LPC

Therapist

Clarity Clinic

<https://www.wired.com/story/sleep-health-science/>

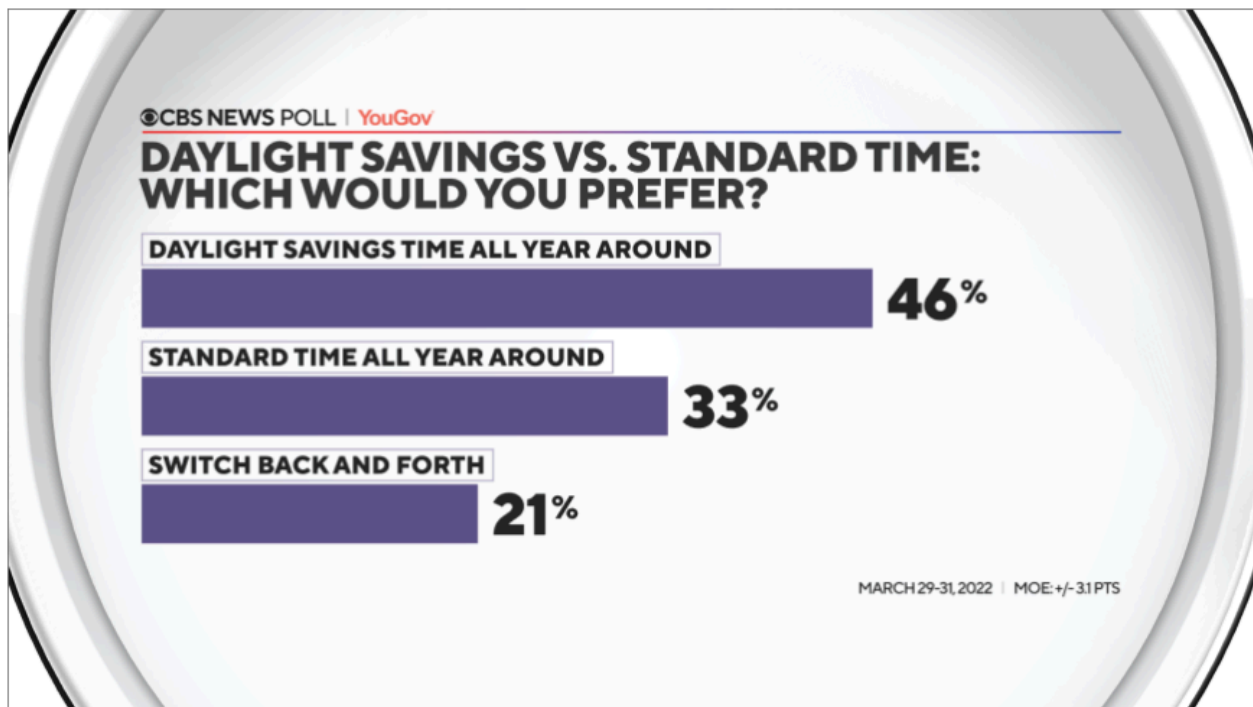
**STOP Listening to Sleep Experts!**

# SAVE DAYLIGHT SAVING TIME

Tomorrow (Sunday), the clocks jump ahead one hour as we transition to daylight saving time... How do you think we should tell time in the US? DST all year? Standard all year? Current system of DST in summer/Standard in winter? Something else? Leave a comment below/Let me know!



5,554 votes · Final results



**Permanent Daylight Saving Time is overwhelmingly favored! what more can we say??**

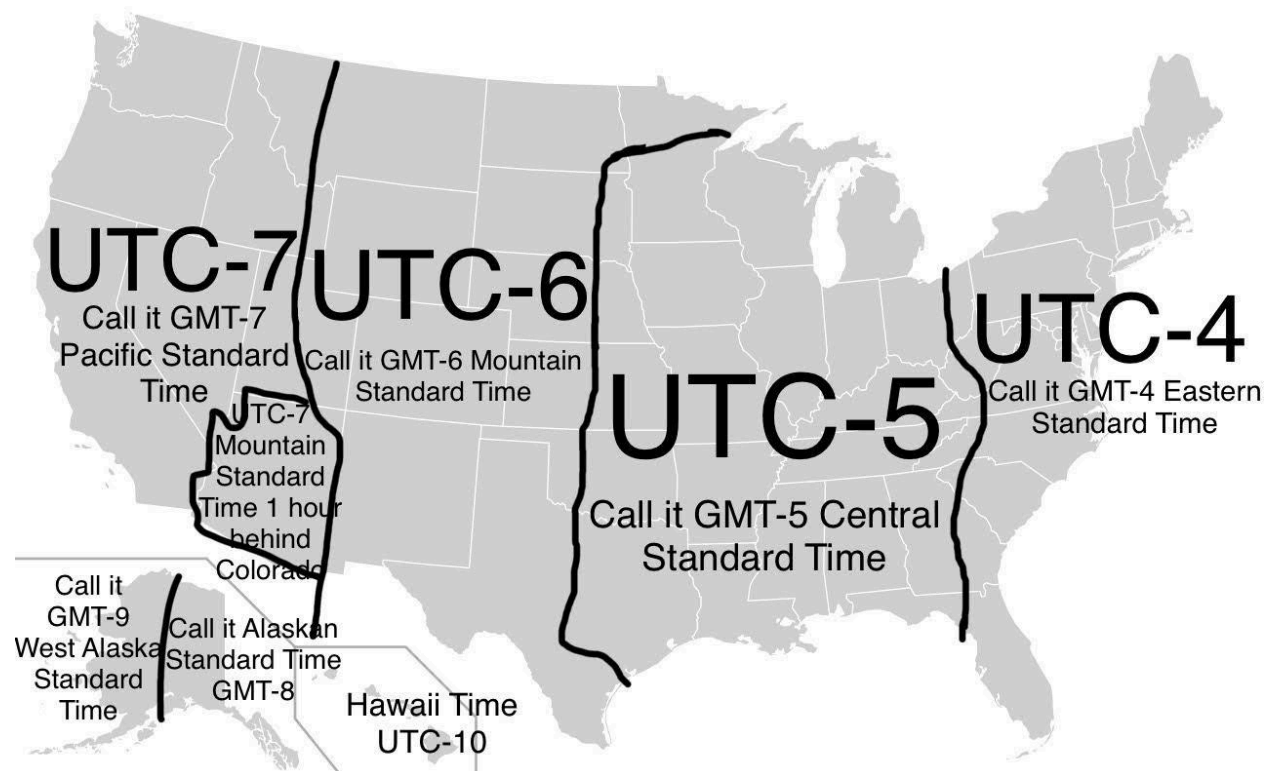
**Fix the Time Zone Map!**

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The **ONLY** way most people would be satisfied is if our Time Zone Map looked like the photo below



We can Get the Department of Transportation and Congress involved in Fixing the time zone map here,



The East Coast needs to observe Daylight Saving Time Year Round, GET RID of UTC-5, and call it Eastern Standard Time UTC-4,

The Central States needs to observe Daylight Saving Time year round, GET RID of UTC-6, and call it Central Standard Time UTC-5,

The Mountain States need to observe Daylight Saving Time year round, GET RID of UTC-7, and call it Mountain Standard Time UTC-6,

The West Coast needs to observe Daylight Saving Time year round, GET RID of UTC-8, and call it Pacific Standard Time UTC-7, Alaska needs to split time zones and half right need to observe Daylight Saving Time, GET RID of UTC-9, and call it Alaskan Standard Time UTC-8

and the left half need to observe Daylight Saving Time GET RID of UTC-10 and call it West Alaskan Standard Time UTC-9.

# SAVE DAYLIGHT SAVING TIME

Hashtags to use to spread the message:

**#DownWithStandardTime**  
**#EndStandardTime**  
**#AbolishStandardTime**  
**#KillStandardTime**  
**#BanStandardTime**  
**#NoToStandardTime**  
**#TrashStandardTime**  
**#BeGoneStandardTime**  
**#DitchStandardTime**  
**#JustSayNoToStandardTime**  
**#StandardTimeSucks**  
**#NeverAgainStandardTime**  
**#IHateStandardTime**  
**#SafeFromStandardTime**  
**#FreeFromStandardTime**

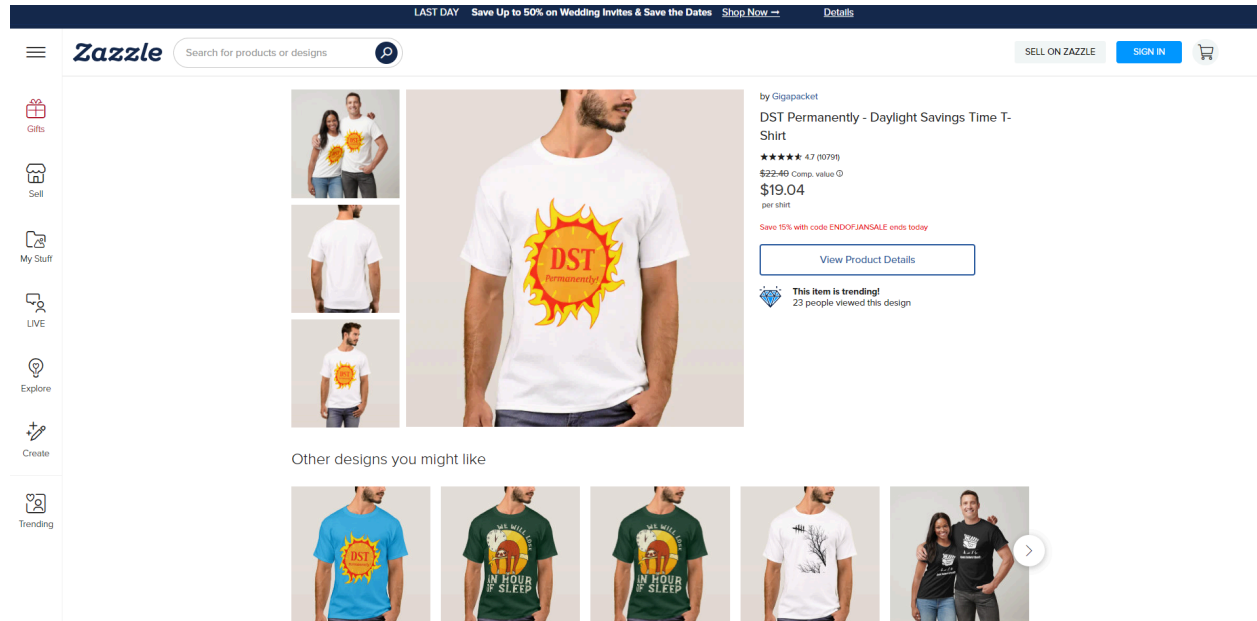
**#DaylightSavingTimeISGodsGreatestGift**  
**#LongLiveDaylightSavingTime**  
**#DaylightSavingTimeRocks**  
**#DaylightSavingTimeIsTheBest**  
**#ILoveDaylightSavingTime**  
**#SaveDaylightSavingTime**  
**#DoNotDisrespectDaylightSavingTime**  
**#DaylightSavingTimeIsGood4U**  
**#WeLoveDaylightSavingTime**  
**#AppreciateDaylightSavingTime**  
**#ThankYouDaylightSavingTime**  
**#UpWithDaylightSavingTime**  
**#HappyWithDaylightSavingTime**  
**#SunshineProtectionAct**  
**#CantWait4DaylightSavingTime**



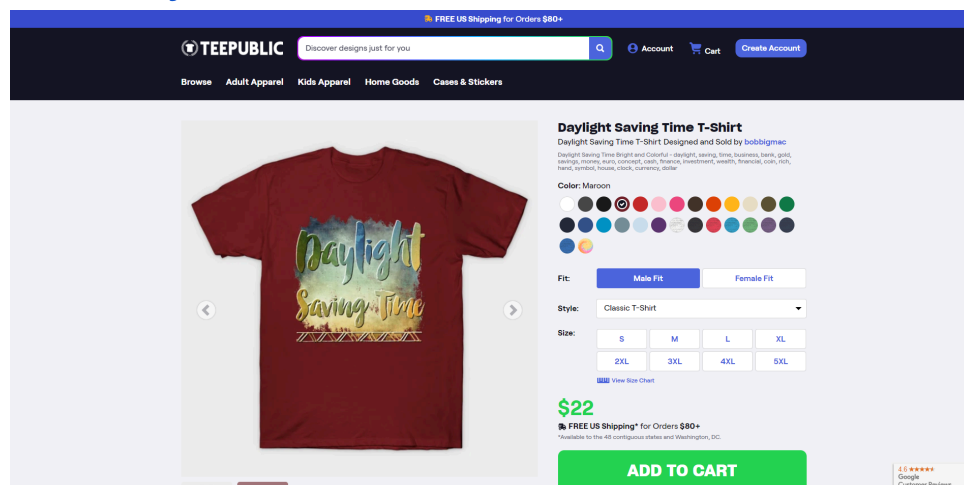
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## Merchandise

[https://www.zazzle.com/dst\\_permanently\\_daylight\\_savings\\_time\\_t\\_shirt-235916973237323584?srsId=AfmBOooYZzn1nnkvC6iTkPtSFsZ67fytmq4lpqxqR4JWiM25AHfWooMCJqM](https://www.zazzle.com/dst_permanently_daylight_savings_time_t_shirt-235916973237323584?srsId=AfmBOooYZzn1nnkvC6iTkPtSFsZ67fytmq4lpqxqR4JWiM25AHfWooMCJqM)



[https://www.teepublic.com/t-shirt/9632313-daylight-saving-time?countrycode=US&utm\\_source=google&utm\\_medium=shopping&utm\\_campaign=%5BG%5D+%5BG.NAM%5D+%5BL.ENG%5D+%5BGEN%5D+%5BC.TShirts%5D+%5BP.LF%5D&utm\\_id=notset&utm\\_content=money&srsId=AfmBOoqDl9K-rjLhawOCc63HjgIwcmoFaWLFgPr4Zh-Ka-nUj5wNxlHaPYk#1672P9632313D1V](https://www.teepublic.com/t-shirt/9632313-daylight-saving-time?countrycode=US&utm_source=google&utm_medium=shopping&utm_campaign=%5BG%5D+%5BG.NAM%5D+%5BL.ENG%5D+%5BGEN%5D+%5BC.TShirts%5D+%5BP.LF%5D&utm_id=notset&utm_content=money&srsId=AfmBOoqDl9K-rjLhawOCc63HjgIwcmoFaWLFgPr4Zh-Ka-nUj5wNxlHaPYk#1672P9632313D1V)



# SAVE DAYLIGHT SAVING TIME

**PLEASE DO NOT** send California and more than several other states that have passed Permanent DST resolutions to Permanent Standard Time(The old dark time) If we are going to set up ONE time for those states 👉 Please Let's set those states to Daylight Saving Time PERMANENTLY! ✅ and NEVER Fall Back to Standard Time EVER Again!

**BE PATIENT** For Congres to make a change to the Uniform Time Act.