

Submitter: Jay Pea

On Behalf Of:

Committee: Senate Committee On Veterans, Emergency
Management, Federal and World Affairs

Measure, Appointment or Topic: SB566

On behalf of the Coalition for Permanent Standard Time, I ask you please to SUPPORT SB 566 and SB 1038. These bills can ditch Daylight Saving Time (fast time) and restore permanent Standard Time (natural time) in coordination with other states.

Ditching DST for permanent Standard Time is best for health, safety, education, and economy:

- Permanent Standard Time is federally approved (permanent DST is federally prohibited).
- Permanent Standard Time is endorsed by the American Academy of Sleep Medicine, American College of Chest Physicians, National Sleep Foundation, Sleep Research Society, Society for Research on Biological Rhythms, and many more.
- Permanent Standard Time lasts for decades (permanent DST has been repeatedly repealed).
- Permanent Standard Time lets most people sleep longer year-round (permanent DST would force millions to start school or work before sunrise for many months each year).

Support the safe, healthy, and sensible choice. Ditch DST and restore permanent Standard Time!

The Coalition for Permanent Standard Time (CpST) is a dedicated group of diverse organizations and individuals who support the elimination of biannual clock change in the United States through the restoration of permanent standard time. It's time to ditch Daylight Saving Time. Our members include:

- The American Academy of Sleep Medicine
- The National Sleep Foundation
- Save Standard Time
- The Sleep Research Society
- The Society for Research on Biological Rhythms
- The American Academy of Dental Sleep Medicine
- The American Association of Sleep Technologists
- The American College of Chest Physicians

Please visit our website at: <https://ditchdst.com/>

Thank you