

Submitter: Nancy Bales

On Behalf Of:

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

Measure, Appointment or Topic: SB566

Dear Chair Manning and members of the Committee,

I am writing to request your support for SB 566 and SB1038. It is time to end a practice that has negative health effects, puts people's safety at risk, has a disproportionately negative effect on children who require more sleep and creates needless complications. It is an outdated practice which medical research has shown is harmful to our circadian rhythms. The National Institute of Health lays out the science behind remaining on standard time here:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7205184/> and ends with this strong endorsement for Standard Time: "If we want to improve human health, we should not fight against our body clock and therefore we should abandon DST and return to Standard Time (which is when the sun clock time most closely matches the social clock time) throughout the year. This solution would fix both the acute and the chronic problems of DST. We therefore strongly support removing DST changes or removing permanent DST and having governing organizations choose permanent Standard Time for the health and safety of their citizens." Please listen to our scientists!

Thank you.