



# SAVE STANDARD TIME

March 6, 2026

Minnesota Legislature  
75 Rev Martin Luther King Jr Blvd  
St Paul, Minnesota 55155

Re: **Yes on HF 1944 (Freiberg) & SF 2403 (Mohamed)**

Dear Honorable Legislators,

Please support HF 1944 (Freiberg) and SF 2403 (Mohamed), two bills to ditch Daylight Saving Time and restore permanent Standard Time, as is federally pre-approved, widely endorsed, and shown by history and science to be most beneficial and lasting.

Permanent Standard Time (natural time) is the only federally approved way to end disruptive clock changes, as most voters wish. Standard Time aligns clocks more honestly to the sun, which balances morning and evening sunlight for everyone. Its benefits to circadian health improve immunity, longevity, mood, alertness, and performance in school, sports, and work. Standard Time protects start times and preserves the morning sunlight that's essential for school-children, commuters, outdoor laborers, and service personnel. It lets most people sleep naturally past dawn year-round, and it makes bedtimes easier for families. It has been observed without incident in Arizona, Hawaii, all US territories, and most nations for many decades. Mexico restored permanent Standard Time in 2022. Most states are now considering it, including Wisconsin, Michigan, Illinois, Kentucky, Missouri, Nebraska, Kansas, and many more. Government should set clocks objectively to the sun, then let the public set schedules from there. And Gallup finds plurality public support for permanent Standard Time (48%), not for permanent DST (24%).

Some might consider permanent DST (fast time), and these two bills graciously allow for it if ever be chosen by Congress. Yet permanent DST has long been federally prohibited because it would be worse than the biannual switch. It would delay Minnesota sunrise past 8am (when most school/work starts) for 3–4½ months, as late as 9:20am. It has failed repeatedly, with disruption to business and loss of life. DST is a false clock, set an hour ahead of Standard Time. Moving clocks to DST acutely deprives sleep; leaving clocks on DST chronically deprives sleep. DST's circadian misalignment increases accidents, illnesses, and health costs. It decreases learning, productivity, and earnings. Permanent DST doesn't alleviate harms, it magnifies them. It deprives sunlight from mornings, when it's needed most by working families. It reverts benefits of starting school later. It increases residential heating and air conditioning. It delays AM radio news broadcasts until most people begin work. It disrupts sun-timed prayers. It's a hidden mandate to wake an hour early all winter in cold darkness. Anyone wanting DST may simply start his/her own day earlier.

Countless organizations and advocates on the left and right oppose DST and endorse permanent Standard Time. Among these are the *Minnesota Star Tribune*, National Safety Council, American Academy of Sleep Medicine, Sleep Research Society, Society for Research on Biological Rhythms, National Sleep Foundation, American Academy of Neurology, American Thoracic Society, American College of Chest Physicians, American College of Occupational and Environmental Medicine, Canadian Sleep Research Consortium, Canadian Sleep Society, Canadian Society for Chronobiology, editorial boards of *Bloomberg*, *Orlando Sentinel*, *Oregonian*, contributors to Daily Wire, PragerU, Human Events, Cato, *Breaking Points*, and more.

Please hear the nonpartisan consensus of history and science. Save time, money, and lives. Ditch the switch as soon as possible. End the harms of artificial DST, and restore naturally healthful permanent Standard Time.

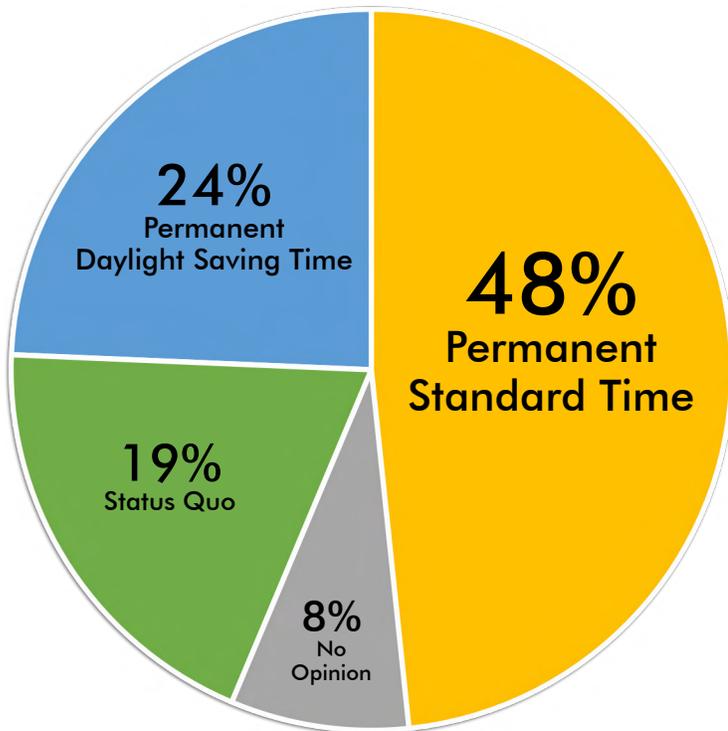
Sincerely,

Jay Pea  
President

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Citations: [savestandardtime.com/summary](https://www.savestandardtime.com/summary)

## PERMANENT STANDARD TIME IS MOST POPULAR



### Gallup (2025):

"The plurality of Americans, 48%, prefer Standard Time the whole year, including summer. Half as many, 24%, prefer Daylight Saving Time the whole year, including winter. The smallest percentage, 19%, prefer the status quo of switching between the two.

"This means 43% favor having Daylight Saving Time part of the year or year-round, slightly less than the 48% who would prefer not to have it at all. But it also means 72% would prefer no clock changes each year."

"Based on telephone interviews conducted January 21–27, 2025, with a random sample of 1,001 adults, living in all 50 states and DC. Margin of error  $\pm 4\%$ ."

<https://news.gallup.com/poll/657584/half-daylight-saving-time-sunsetted.aspx>

## PERMANENT STANDARD TIME IS FEDERALLY APPROVED PERMANENT DAYLIGHT SAVING TIME IS FEDERALLY PROHIBITED

Any state can self-exempt from DST, as Arizona, Hawaii, and all five US territories have done.

### "Uniform Time Act of 1966"

15 U.S. Code Subchapter IX – Standard Time

§ 260a. Advancement of time or changeover dates

(a) Duration of period; State exemption

During the period commencing at 2 o'clock antemeridian on the second Sunday of March of each year and ending at 2 o'clock antemeridian on the first Sunday of November of each year, the standard time of each zone established by sections 261 to 264 of this title, as modified by section 265 of this title, shall be advanced one hour and such time as so advanced shall for the purposes of such sections 261 to 264, as so modified, be the standard time of such zone during such period; however, (1) any State that lies entirely within one time zone may by law exempt itself from the provisions of this subsection providing for the advancement of time, but only if that law provides that the entire State (including all political subdivisions thereof) shall observe the standard time otherwise applicable during that period, and (2) any State with parts thereof in more than one time zone may by law exempt either the entire State as provided in (1) or may exempt the entire area of the State lying within any time zone.

<https://www.law.cornell.edu/uscode/text/15/260a>





# 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](http://savestandardtime.com/endorsements)

### Health

Alabama Board of Medical Examiners & Licensure  
Alliance for Headache Disorders Advocacy  
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  
California State Association of Psychiatrists  
Canadian Sleep Research Consortium  
Canadian Sleep Society  
Canadian Society for Chronobiology  
Capitol Neurology  
Dakota Sleep Society  
Hampden District Medical Society  
Illinois Sleep Society  
Indiana State Medical Association

### Education & Families

Anne Arundel County Public Schools  
Colorado Parent–Teacher Association  
Florida Parent–Teacher Association  
League of Women Voters, Delaware Cty, Pennsylvania  
Maryland Association of Boards of Education

### Safety & Labor

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

### News Editorial Boards

*Bloomberg Opinion*  
*The Daytona Beach News–Journal*  
*The Economist*  
*The Minnesota Star Tribune*

### General

California Islamic University  
Catholic Frequency  
Independent Institute  
Indiana Chamber of Commerce

Kansas Chiropractic Association  
Kentucky Sleep Society  
Kimmey Lab, University of California, Santa Cruz  
Massachusetts Medical Society  
Michigan Academy of Sleep Medicine  
Missouri Sleep Society  
Montana Sleep Society  
National Sleep Foundation  
Nebraska Medical Association  
Nevada Public Health Association  
Northwest Noggin Neuroscience  
Rhode Island Medical Society  
San Diego Academy of Child & Adolescent Psychiatry  
San Diego Psychiatric Society  
Sleep Research Society  
Society for Light, Rhythms, & Circadian Health  
Society for Research on Biological Rhythms  
Society of Anesthesia & Sleep Medicine  
Society of Behavioral Sleep Medicine  
Southern Sleep Society  
Tennessee Sleep Society  
Texas Neurological Society  
Texas Society of Sleep Professionals  
Wisconsin Sleep Society  
World Sleep Society

National Parent–Teacher Association  
Nevada Association for the Education of Young Children  
Regional Adolescent Sleep Needs Coalition  
Start School Later

National Safety Council  
Nebraska State Grange  
Solaris Fatigue Management  
USA Weather, Dallas–Fort Worth, Texas

*The Oregonian*  
*Orlando Sentinel*  
*South Florida Sun Sentinel*

Kansas Association of Broadcasters  
Libertarian Party Mises Caucus  
National Religious Broadcasters  
Rabbinical Council of America

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

# POSITION STATEMENTS FOR PERMANENT STANDARD TIME

## **American Academy of Sleep Medicine**

“The United States should eliminate seasonal time changes in favor of permanent Standard Time, which aligns best with human circadian biology. Evidence supports distinct benefits of Standard Time for health and safety, while also underscoring harms from seasonal time changes. By causing the human body clock to be misaligned with the natural environment, Daylight Saving Time increases risks to our physical health, mental well-being...”

## ***Bloomberg***

“Standard Time is better aligned with the position of the sun and human nature. It generally synchronizes waking with sunrise and bedtime with darkness, in accordance with circadian rhythms. It enables children and adults to go to school and work in daylight. Daylight Saving Time effectively does the reverse...”

## **Canadian Sleep Research Consortium**

“Natural time, defined by the sun, is the best option for health, mood, safety, education, and productivity. Why abolish Daylight Saving Time? The issue of time change is complex, but the evidence is clear: It is in the best interests of public health to abolish time change and maintain Standard Time permanently...”

## **Canadian Sleep Society**

“Optimal sleep and optimal alignment of the human circadian clock with daytime activities is achieved with Standard Time. Not only does Daylight Saving Time induce sleep deprivation at its inception in the spring, but it enforces later darkness during the summer, favoring delayed bedtime, social jet lag, and more sleep loss...”

## **Canadian Society for Chronobiology**

“Standard Time puts the social clock closer to our intrinsic body clock, our circadian rhythm, which is set by the dawn. Daylight Saving Time moves dawn later, and creates social jet lag due to mismatch between our biological drive to wake up near dawn and the social demands for us to stay up later...”

## ***The Minnesota Star Tribune***

“To make Daylight Saving Time permanent would be a mistake... Standard Time is the clear choice. It provides more early daylight and most closely aligns with the body’s natural wake–work–sleep rhythms. Misalignment has been linked to increased cardiovascular disease risk, metabolic syndrome, and other health risks...”

## **National Sleep Foundation**

“Circadian biologists support permanent Standard Time, citing importance of light in the morning... Daylight Saving Time forces biological clocks out of sync with the rising and setting of the sun. The link between biological clock and sun is crucial to health... Seasonal time changes are disruptive. Evidence supports permanent Standard Time because of its alignment with our circadian biology and relevance to sleep health and safety...”

## ***The Oregonian***

“For Oregonians, keeping clocks on Daylight Saving Time year-round would mean sunrise after 8am for 106 days each year... Make sure Oregon remains in Standard Time. The marginal benefit of an extra hour of light during a limited number of summer evenings is not worth spending a third of the year’s mornings in darkness...”

## **Sleep Research Society**

“Daylight Saving Time causes sleep loss, circadian misalignment, dysregulation of melatonin and cortisol, stress, altered metabolism, and inflammation. This would occur year-round if Daylight Saving Time were permanent. The evidence supports abolishing Daylight Saving Time and adopting permanent Standard Time...”

## **Society for Research on Biological Rhythms**

“Based on comparisons of large populations living in Daylight Saving Time or Standard Time, or on western versus eastern edges of time zones, advantages of permanent Standard Time outweigh switching to Daylight Saving Time annually or permanently... To improve human health, we should not fight our body clock...”

## ***South Florida Sun Sentinel***

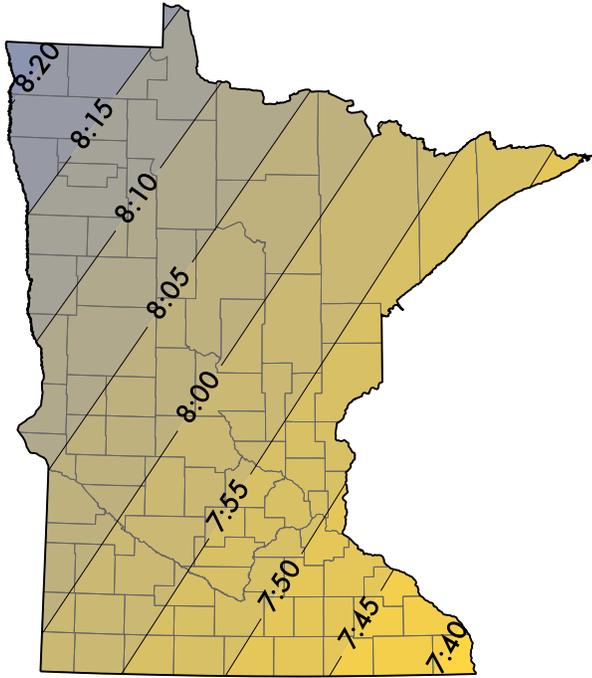
“We agree Congress should end the twice-a-year annoyance of changing clocks. The loss of an hour from the shift to Daylight Saving Time is especially hard. The better change, though, would be to make Standard Time—what farmers once called God’s time—permanent. As experts pointed out, it’s the natural way to go...”

More at: [savestandardtime.com/statements](https://savestandardtime.com/statements)

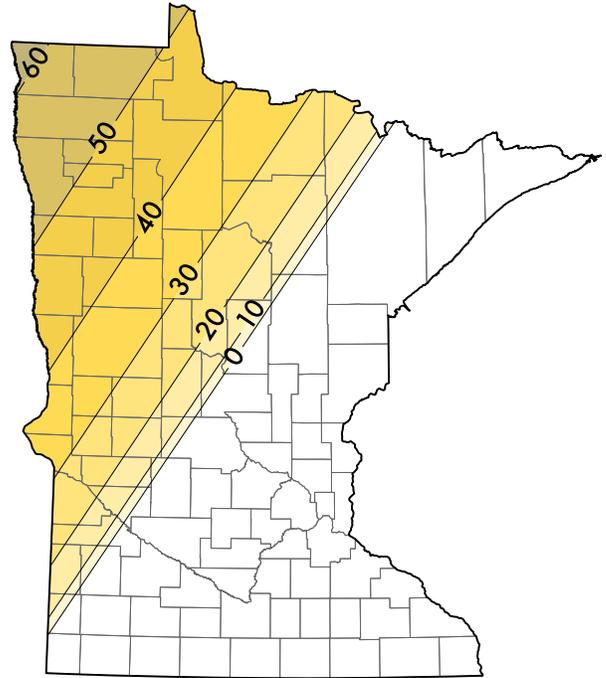


# PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises

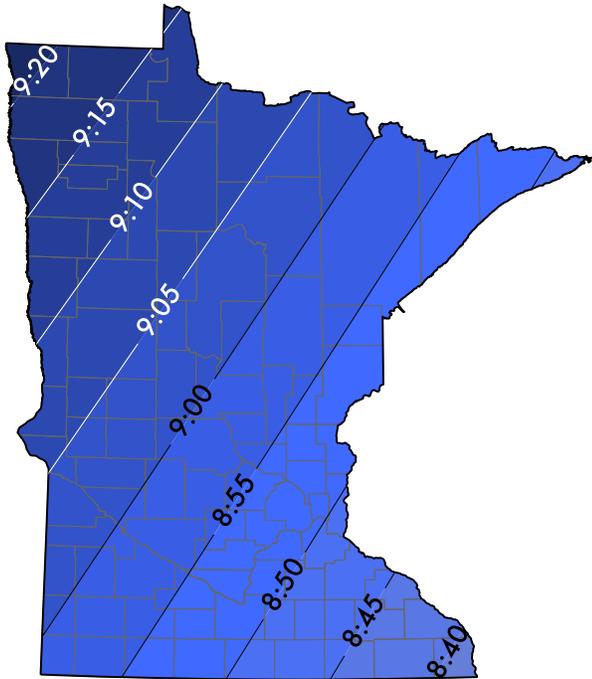


Days with Post-8am Sunrise

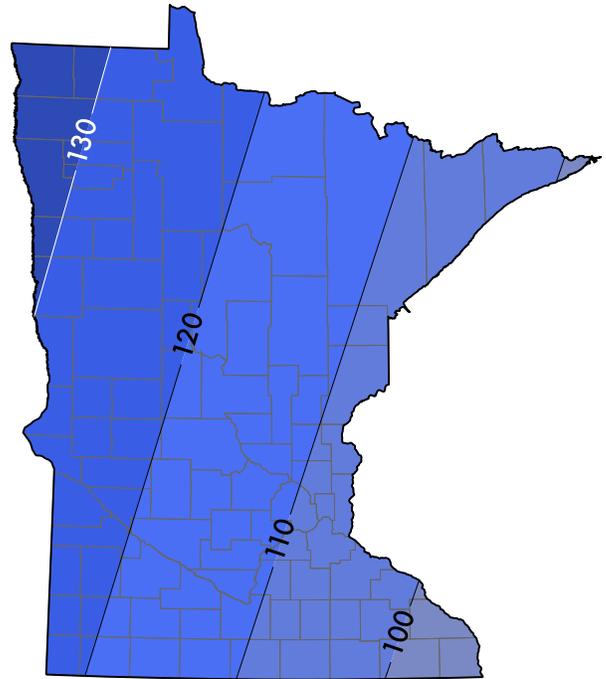


# PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

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.



## PERMANENT STANDARD TIME (NATURAL TIME) KEEPS SUNRISE BEFORE WORK/SCHOOL

Standard Time lets us sleep longer—for mood, health, safety, learning, and productivity.



## PERMANENT DAYLIGHT SAVING TIME (FAST TIME) FORCES PRE-SUNRISE START TIMES

Daylight Saving Time is a mandate to wake an hour earlier than Standard Time every day.





## DITCH DST WITH PERMANENT STANDARD TIME

**Standard Time naturally aligns our clocks to the sun promoting physical, mental, and brain health**

**Protects morning light improving sleep and brain function of our children, families, and workforce**

**Best, lasting way to ditch the switch and finally end the clock change**

Body clocks set by morning sun are essential for physical, mental, and brain health. Daylight saving time (DST) deprives people of morning sunlight and the opportunity to optimize their sleep.

Studies show that **standard time** improves our sleep and thereby our lives by:

- Boosting health and safety with less heart disease, obesity, cancer, and fewer fatal car crashes.
- Improving mental health with less depression and suicide.
- Enhancing education, sports performance, and workforce productivity.

**The harmful effects of daylight savings time linger after** the spring clock change when there is an increase in strokes, heart attacks and car crashes.

**Permanent *daylight saving time* was tried twice in the United States** in an attempt to save energy costs, **and it failed twice**, as it was too disruptive in the winter with sunrises after 8 AM for 2-4 months. **Daylight saving time does not save energy year-round**, instead it increases heating in winter and cooling in summer. **With standard time, voters save money with lower utility, gas, and health care bills.**

**Permanent *standard time* is best for our adolescents and teenagers**, who are most impacted by later sunrises. Standard time benefits anyone with early school or work start times at or before 8 AM, reducing sleep deficits.

**Public supports Permanent Standard Time.** A March 2025 Gallup [poll](#) found 48% of Americans favor permanent standard time vs. 24% for daylight saving time.

### **WE ASK: Introduce Permanent Standard Time Legislation**

Endorsed by the AMA and the medical and scientific community

For additional information, please contact Eric Albrecht at [ealbrecht@aasm.org](mailto:ealbrecht@aasm.org).



## AMA calls for permanent standard time

NOV 15, 2022

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HONOLULU – At its Interim Meeting, the American Medical Association (AMA) House of Delegates on Monday supported ending daylight saving time and move permanently to standard time.

The American Academy of Sleep Medicine and others pointed to the potential health benefits of the move.

“For far too long, we’ve changed our clocks in pursuit of daylight, while incurring public health and safety risks in the process. Committing to standard time has health benefits and allows us to end the biannual tug of war between our biological and alarm clocks,” said AMA Trustee Alexander Ding, M.D., M.A, MBA.

Although the chronic effects of remaining year-round in daylight saving time (which shifts daylight hours later in the evening) have not been well studied, sleep experts say that standard time (which shifts daylight hours earlier in the morning) aligns best with human circadian biology. Data show that the sudden change from standard time to daylight saving time in March is associated with significant public health and safety risks, including increased risk of adverse cardiovascular events, mood disorders, and motor vehicle crashes. Some studies suggest that the body clock does not adjust to daylight saving time even after a few months.

This year, the U.S. Senate passed a bill to establish permanent daylight saving time, but there is a lot of daylight between that version and the AMA-endorsed approach. The House has not taken up a bill on the issue. Twenty states have endorsed year-round daylight saving time, but Congress must act for the changes to take effect.

“Eliminating the time changes in March and November would be a welcome change. But research shows permanent daylight saving time overlooks potential health risks that can be avoided by establishing permanent standard time instead,” Ding said. “Sleep experts are alarmed. Issues other than patient health are driving this debate. It’s time that we wake up to the health implications of clock setting.”

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## Permanent Standard Time: A Position Statement from the National Sleep Foundation

**Historical Context:** Daylight Saving time (DST) began during World War I when the United States decided to move forward an hour to save electricity in the evening. The current federal policy was enacted in 1966 as the Uniform Time Act.<sup>i</sup> Several changes occurred along the way (mostly changing the dates of starting and ceasing DST) and the current enactment was part of the Energy Policy Act of 2005.<sup>ii</sup> While originally enacted to save energy by ensuring more daylight in the evening hours, some studies of DST have called into question the degree of energy savings. Still, other studies have shown negative effects on people's circadian rhythms and health because of time changes, potentially linked to a higher number of heart attacks, car crashes, and workplace injuries in the days after a time change.<sup>iii</sup>

**Background:** The National Sleep Foundation's (NSF) mission is to improve the sleep health and well-being of the public through education and advocacy. The debate between transitioning from DST to Standard Time (ST) each year in the United States has been ongoing for decades. NSF has addressed the issue in the past by asserting the importance of maintaining a regular sleep schedule, and by providing recommendations and educational resources to mitigate the negative effects of the time transition. Recent research conducted by NSF suggests meaningful gaps between public attitudes and observed consequences of DST, as well as misalignment between public preferences and established scientific principles.

Circadian biologists support permanent ST, citing the importance of light in the morning.<sup>iv,v</sup> The Society for Research and Biological Rhythms issued a statement asserting that ST is better synchronized with the biological clock and people will go to sleep earlier relative to their work and school times.<sup>vi</sup> A recent JAMA Neurology paper reviewed evidence on how DST transitions affect processes that involve the brain, heart, sleep patterns, and genes that control the sleep-wake cycle.<sup>vii</sup> The American Academy of Sleep Medicine recently published their position in support of ST, noting the shift to DST has been associated with increased cardiovascular morbidity, stroke, and hospital admissions.<sup>viii</sup>

**Conclusion:** The human circadian system does not adjust to annual clock changes. Sleep becomes disrupted, less efficient, and shortened.<sup>ix</sup> DST forces our biological clocks out of sync with the rising and setting of the sun (the sun clock). The link between our biological clock and the sun clock has been crucial to human health and well-being for millennia.<sup>x</sup>

As the global voice of sleep health, NSF always seeks better, more conclusive data. More than 60% of the world is on ST, indicating the international community understands the negative effects of DST on their health. Internationally, organizations such as the European Biological Rhythms Society and the Society for Research on Biological Rhythms advocate for the elimination of clock changes and adoption of permanent ST. Existing data support the elimination of seasonal time changes in favor of a fixed, year-round time.

**Position:** *It is the position of the National Sleep Foundation that seasonal time-changes are disruptive to sleep health and should be eliminated. Evidence supports permanent Standard Time because of its alignment with our circadian biology and relevance to sleep health and safety. NSF, therefore, advocates for the adoption of permanent Standard Time as the appropriate option for public health.*

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<sup>i</sup> PUBLIC LAW 89-387-APR. 13, 1966

<sup>ii</sup> H.R.6 - Energy Policy Act of 2005

<sup>iii</sup> Gray TR, Jenkins JA. Congress and the political economy of daylight-saving time. Hoboken, NJ: Wiley; 2018

<sup>iv</sup> Roenneberg T, Winnebeck EC, Klerman EB. Daylight saving time and artificial time zones- a battle between biological and social times. Front Physiol. 2019; 10:944.

<sup>v</sup> Duffy JF, Czeisler CA. Effect of light on human circadian physiology. Sleep Med Clin. 2009;4(2):165-177

<sup>vi</sup> European Biological Rhythms Society; European Sleep Research Society; Society for Research on Biological Rhythms to the EU Commission on DST

<sup>vii</sup> Malow BA, Veatch OJ, Bagai K. Are daylight saving time changes bad for the brain? JAMA Neurol. 2020.

<sup>viii</sup> Rishi MA, Ahmed O, Barrantes Perez JH, et al. Daylight-saving time: an American Academy of Sleep Medicine position statement. J Clin Sleep Med. 2020;16(10):1781-1784.

<sup>ix</sup> Watson, Nathaniel, Time to Show Leadership on the Daylight-Saving Time Debate, J Clin Sleep Med. 2019 Jun 15; 15(6): 815-817.

<sup>x</sup> Kantermann T, Juda M, Merrow M, Roenneberg T. The human circadian clock's seasonal adjustment is disrupted by daylight saving time. Curr Biol. 2007: 1996-2000.



## Perspective

# It is time to abolish the clock change and adopt permanent standard time in the United States: a Sleep Research Society position statement

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### Abstract

Daylight saving time (DST) refers to the practice of advancing clock time by 1 h each spring, with a return (setting back) to standard time (ST) each fall. Numerous sleep and circadian societies other than the Sleep Research Society have published statements in support of permanent ST, and permanent ST has also received support from multiple medical societies and organizations. This perspective discusses the positive and negative health and economic consequences of permanent DST, permanent ST, and maintaining the status quo (DST for part of the year). After a thorough review of the existing literature, the SRS advocates the adoption of permanent ST.

**Key words:** daylight saving time; permanent standard time; sleep loss; circadian misalignment

### Statement of Significance

The national debate in United States over Daylight saving time (DST) is a timely issue. In March 2022, the US Senate passed the Sunshine Protection Act to make DST permanent in states that have previously chosen to make that change. However, the US House has not passed this legislation. One of the strongest arguments for adopting permanent standard time (rather than permanent DST) is related to health, sleep, and circadian biology. As reviewed in this perspective, because of the health benefits of permanent standard time, the Sleep Research Society advocates the adoption of permanent standard time.

### Introduction

Daylight saving time (DST) refers to the practice of advancing clock time by 1 h each spring, with a return (setting back) to standard time (ST) each fall. States can currently opt out of moving to DST and stay on ST year-round (permanent ST). Adopting DST year-round (permanent DST) requires federal legislation. This is a timely issue, given that in March 2022, the US Senate passed the Sunshine Protection Act to make DST permanent nationwide. States that have previously chosen to stay on ST year-round would be exempt, and other states would have a limited time to pass legislation to stay on ST year-round. However, the US House has not passed this legislation and DST remains an active issue. Eighteen states have enacted legislation or passed resolutions to make DST permanent. Since 2015, at least 350 bills and resolutions supporting either permanent ST or permanent DST have been introduced in almost every state [1].

Numerous sleep and circadian societies other than the Sleep Research Society (SRS) have published statements in support of

permanent ST [2], and permanent ST has also received support from multiple medical societies, national and local parent-teacher associations, and Start School Later [3]. In contrast, the business community, including the National Association of Convenience Stores and the Sporting Goods Manufacturing Association support permanent DST [4].

This perspective discusses the positive and negative consequences of permanent DST, permanent ST, and maintaining the status quo (DST for part of the year). After a thorough review of the existing literature, the SRS advocates the adoption of permanent ST.

### What is the History of Clock Changes?

The concept of changing the hours of human activity to “save daylight” has been attributed to Benjamin Franklin, who awakened early one morning in Paris, in 1784, to discover that his room was “filled with light. I imagined at first that a number of lamps

had been brought into the room but rubbing my eyes I perceived the light came in at the windows". Franklin [5], who routinely woke at noon, then proceeded to estimate the savings in evening candle use if Parisians woke at dawn.

In contrast to what Franklin proposed, where a population wakes earlier to make the best use of daylight, DST changes the clock time. DST shifts daylight into the early evening in exchange for less daylight in the early morning when more people are presumed to be asleep. This light exchange has both social and economic benefits, with more natural light for evening activities and less need for artificial light in the evening. However, as will be discussed, there are health consequences to DST for those whose school or jobs require them to awaken early. Many encounter darkness, especially in the winter months and in geographic areas where sunrises are later (e.g., in the more northern and in the western edges of time zones). Evening light extended too close to bedtime can also disrupt sleep patterns [6].

During World War I, initially Germany and then Great Britain implemented summer DST as a wartime measure. The wartime goal of shifting clocks ahead by 1 h was to save energy, by maximizing natural light later in the day and minimizing the need for electric lighting. The United States entered the war in 1917 and adopted DST in 1918, marked by a grassroots campaign focused on Congress that included sports organizations, businesses, and labor unions. DST was observed in the United States from April through October of 1918, and after World War I ended in November 1918, it was not reinstated. The largest opposition to DST came from rural America, specifically farmers, whose schedules were disrupted by DST [5]. With World War II, the United States again adopted DST, this time year-round. The war effort was the rationale for adopting DST, which was presumed to minimize the need for electricity, thereby saving energy costs.

After World War II ended, state governments were responsible for start and end dates of DST. Inconsistencies in schedules led to challenges with railroad scheduling and affected safety, resulting in Congress passing the Uniform Time Act in 1966. DST was observed from the last Sunday in April until the last Sunday in October. During the energy crisis of 1973–1974, Congress adopted DST year-round for 2 years, but this policy was abolished early due to public opinion, specifically related to traffic accidents (including fatalities) in children going to school in the dark on winter mornings [7, 8].

In 2007, the Uniform Time Act was amended to expand DST from the second Sunday in March to the first Sunday in November. States and territories are allowed to opt out of observing DST, and Arizona and Hawaii are on permanent ST, along with Puerto Rico, the U.S. Virgin Islands, Northern Mariana Islands, Guam and American Samoa.

## Acute DST Transitions—Consequences for Health and Well-Being

As reviewed above, DST came about to “save daylight” and provide extended light in the late afternoon and evening in the spring, summer, and early fall, which many Americans appreciate for partaking in outdoor activities. The rationale for reverting back to ST in the fall and winter was to avoid dark mornings.

However, recent public opinion polls have shown strong support for ending the clock change. In a survey of a nationally representative sample of 1500 US adult citizens, 63% of adult US citizens were in favor of abolishing the clock change, 21% were not sure, and 16% were opposed to abolishing the clock change [9]. Nearly twice as many Americans preferred DST to ST. Older

adult citizens (age 65+) were more supportive of ending the clock change than their younger counterparts. In a separate poll, 75% of the US adults wished to end the clock change, with 43% preferring permanent ST and 32% preferring permanent DST [10]; this poll also showed that older adults preferred to end the clock change compared to younger adults. Sleep loss and a decline in well-being are two factors that have been identified as affected by the clock change.

### Sleep loss

Time-use data studies (which capture how individuals spend their time) have documented that individuals sleep, on average, 15–20 fewer minutes per night in the week after the spring transition to DST [11]. High school students showed reduced weeknight sleep duration (average of 30 min) by actigraphy, with a decline in psychomotor vigilance testing (slower response times) and increased daytime sleepiness [12]. Their average sleep duration was reduced from 7 h, 51 min pre-DST transition weeknights to 7 h, 19 min post-DST weeknights.

### Well-being

Self-report of the spring transition to DST on life satisfaction scores has also been negatively associated with well-being, especially for men and those with full-time employment. A lower quality of sleep was reported up to 2 weeks after the spring transition, with easier adjustments to the fall transition back to ST. An American Academy of Sleep Medicine survey of more than 2000 adults in the US found that more than half of Americans (55%) typically feel tired after the spring transition to DST [13].

Health consequences have also been associated with the clock change, especially the spring transition to DST.

### Stroke

Hospitalizations for stroke were significantly increased during the first 2 days after both the spring and fall transitions, with a relative risk of 1.08 (95% confidence interval of 1.01–1.15) [14]. Women, older adults, and those with cancer had increased susceptibility. Compared to the fall transition, the spring transition to DST had a 24% increased risk for in-hospital mortality.

### Myocardial infarction

A meta-analysis of more than 115 000 patients documented a higher risk of acute myocardial infarction during the spring transition to DST [15]. Atrial fibrillation was also found to increase in the four days after the spring DST transition [16].

The pathophysiology of increased cardiovascular and cerebrovascular disease is uncertain. Apart from sleep loss, another important possible cause is circadian misalignment (e.g., mismatch in timing between our biological clocks and our social environment, also referred to as social jetlag) [17]. Circadian misalignment may alter gene expression, increase production of inflammatory markers, and lower vagal tone resulting in higher heart rate and blood pressure [2]. It should be noted that the clock change resulting in circadian misalignment is different than traveling across time zones (e.g., from Central Time in Nashville to Eastern Time in New York), in which natural light in our environment changes, along with the clock change, allowing for a smoother biological transition.

### Traffic accidents

Findings have been mixed for traffic accidents related to DST [18]. However, in the largest study to date, of more than 700 000

motor vehicle accidents, the risk of fatal traffic accidents was found to be modestly increased during the spring DST transition, especially in the morning and in locations further west in a time zone [19].

Given these effects on health and well-being, an argument can be made for elimination of DST. However, elimination of DST means adopting permanent ST or permanent DST.

## What are the Arguments for Adopting Permanent ST?

At first glance, it seems that a one-hour clock change in March would not have long term deleterious effects on health. However, as noted above, this clock change is occurring for almost eight months (until November) resulting in chronic circadian misalignment. The timing of natural light becomes desynchronized from normal physiological processes, with dysregulation of melatonin and cortisol. Disruption of these hormones contributes to stress, altered metabolism, and inflammation [6]. Advocates for permanent ST argue that adopting permanent DST would worsen circadian misalignment even more than at present. This is because we would be dealing with 12 months of circadian misalignment, rather than almost 8 months.

The literature on time zone border effects [6] has been used to support the role of DST in contributing to sleep loss and circadian misalignment. Compared to those living on the eastern edge of a time zone, people living on the western edge of a time zone, who get light later in the morning, and later in the evening, self-report getting less sleep based on time-use data, derived by the U.S. Bureau of Labor Statistics [20]. This sleep loss is believed to be secondary to evening light exposure delaying the brain's release of melatonin. Sleep loss in adults has been associated with weight gain and obesity, diabetes, hypertension, heart disease, and stroke, depression, and increased risk of death, along with impaired immune function, increased pain, impaired performance, increased errors, and greater risk of accidents [4]. Sleep loss in children has been associated with attention, behavior, and learning problems along with increased risk of accidents, injuries, hypertension, obesity, diabetes, depression, self-harm, suicidal thoughts, and suicide attempts [21].

Furthermore, the residents living in the western edges had higher rates of obesity, diabetes, heart disease and breast cancer, along with lower per capita income and higher health care costs [6]. Many other cancers, including chronic lymphocytic leukemia (in men and women), cancers of the stomach, liver, prostate, and non-Hodgkin lymphoma in men and cancers of the esophagus, colorectum, lung, breast, and uterus in women have shown increased risk from east to west within a time zone [22].

Those supporting a return to permanent ST argue that permanent DST would exacerbate these effects, with those living in the western edge even more prone to misalignment [17]. Adolescents represent another vulnerable population. Because puberty causes melatonin to be released later at night and lowers the pressure to sleep, combined with societal factors such as screen time and social networking, academic demands and early school start times [23], adolescents are particularly susceptible to sleep problems from the extended evening light of DST. Early school start times also make adolescents prone to waking up in the dark, especially in the winter months if permanent DST was adopted. In fact, permanent DST may negate any beneficial effects of delaying school start times [24]. Adults with less control over their schedules, who need to drive to work in early morning

hours and cannot adjust their wake time to awaken after sunrise, are also more at risk for misalignment.

## What are the Arguments for Permanent DST?

The strongest health arguments for adopting permanent DST are related to having extended light in the late afternoon/early evening for outdoor activities, including physical exercise, which promotes both sleep and well-being. This point is particularly relevant to adults who work full-time (or children who are in school until the late afternoon) who want to engage in physical activity outside after work/school. Individuals with lower incomes who have less control over their work schedules, cannot afford gym memberships, and wish to exercise outdoors in the light due to concerns about safety after dark may also benefit from the extended light of permanent DST. In an observational study of physical activity in more than 23 000 children from nine countries, measured by accelerometers, longer evening daylight was associated with a small increase in daily physical activity. The magnitude of these associations was largest in the late afternoon and early evening, and just after the clocks changed [25]. In an observational study of adults conducted in Western Australia prior to and after the introduction of DST, individuals shifted their exercise from the morning to the evening during DST [26]. However, there was also an overall reduction in the average number of daily exercise sessions during DST, with 8% not exercising at all during DST. This may have resulted from the late afternoon heat being restrictive to exercise.

Extending light later in the day may also have a beneficial effect on the economy resulting from dining out, shopping, and other activities that increase consumer spending. JPMorgan Chase and Company [27] analyzed consumer spending using an anonymized sample from over 2.5 million customers, making over 380 million credit and debit card transactions. Los Angeles, a city that observes DST, and Phoenix, a city that does not observe DST, were compared. Relative to Phoenix, in Los Angeles, daily card spending increased by 0.9% on weekdays and 1.1% on weekends at the start of DST and dropped by 4.1% on weekdays (when after-work darkness may decrease purchases) and 2.1% on weekends at the end of DST. Grocery stores, fuel, discount stores, and other retail stores were the most affected by the end of DST. Robberies also decreased modestly (7%) following the shift to DST [28].

## Splitting the Difference?

A final option to consider is splitting the difference and adopting a clock change 30 min between ST and DST, which may mitigate the negative health consequences of transitioning back and forth between ST and DST. The downside of this option for advocates of permanent DST would be less extended light in the late afternoon and evening for outdoor activities and shopping compared to a full hour of DST. For advocates of permanent ST, mornings would still be darker earlier (and evenings lighter later) compared to if permanent ST was in effect, with 30 min of circadian misalignment year-round. From a logistical perspective, the United States would be "off sync" with many major countries globally, including our European economic trading partners. It should be noted, however, that there is great variability in when different countries make the switch from ST to DST [29], and therefore a 30-min difference may be considered less disruptive, especially if other nations follow suit and eliminate the transition to and from DST.

## Recommendation

Determining the best policy in the DST debate is complex, especially given variability in geography (e.g., increased susceptibility on the western edge of time zones), work schedules (e.g., needing to be at work in the early morning), and vulnerable populations (e.g., adolescents). However, from a health standpoint, the bulk of evidence supports abolishing our current spring transition to DST and adopting permanent ST, given the risk for sleep loss and circadian misalignment, and their accompanying adverse health consequences. As such, the SRS strongly supports the adoption of permanent ST. Education and advocacy focused on both state legislatures and the US Congress will be critical to the adoption of permanent ST.

## Disclosure Statement

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**Conflict of Interest Statement:** The author has no conflict of interest.

## Data Availability Statement

No new data were generated or analyzed in support of this research.

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## SRBR Talking Points about Daylight Saving Time (DST)

*The talking points are meant to briefly address some key points raised by the media and laymen responses per Public Outreach Committee (POC) of the Society for Research on Biological Rhythms (SRBR). This is by no means the full scope of references, but we do have the key references, as well as the SRBR Position Paper on DST enclosed in this press kit to support our responses to the media. Please feel free to reach out to a SRBR POC at [srbroureach@gmail.com](mailto:srbroureach@gmail.com) in case you have any suggestions or comments.*

### **Why do we care about Daylight Saving Time (DST)?**

Approximately 1.6 billion people worldwide change their clocks twice a year to and from DST. This one-hour change in clock time to DST leads to decreased exposure to morning sunlight for some individuals (while DST is in place during the summer months in the US). Our body's internal biological clock needs exposure to morning sunlight to adjust to local time. When the exposure to sunlight in the morning is reduced, our biological clocks will drift later and later, making it harder to wake up. The one-hour shift in clock time during DST also exposes people to more evening light, which further pushes the biological clock to a later time and makes it more difficult to fall asleep. Because of the effect of reduced morning light and increased evening light on the biological clock, DST leads to sleep loss and a mismatch between the body clock and local time (also called social jetlag). Both sleep deprivation and social jetlag have negative effects on physical and mental health, including increased risks for diabetes, obesity, heart disease, depression, and some forms of cancer. Therefore, keeping DST during summer or all year round in the US, will have serious implications for public health and safety. These negative effects can be prevented by not switching to DST.

### **Why is permanent DST worse than permanent standard time?**

DST means that we wake up in darkness and are exposed to more evening light, especially in the western parts of each of the time zones. Adhering to DST throughout the year would result in even more hours of morning darkness during winter for many people. This makes waking up more difficult for everyone, from school kids to adults, and is likely to worsen conditions such as seasonal affective disorders. Darker mornings and brighter evenings will push the circadian system later, and thus lead to later sleep timing. However, work and school hours do not change, so these later sleep times will result in more sleep deprivation and social jetlag (internal misalignment). As already mentioned, sleep deprivation and social jetlag have negative effects on physical and mental health, including increased risks for diabetes, obesity, heart disease, depression, and some forms of cancer. Brighter days and darker nights are critical for a healthier population year round. Thus, DST should be abolished, and we as biological rhythms experts clearly favor permanent Standard Time (when the clock times matches sun times).

### **Have we done permanent DST before?**

In 1974, the United States decided to try permanent DST for two years, in order to save energy. At first, people were optimistic, with 79% in favor of the change. However, by February, after the first winter, support had dropped to 42%. This change of mind is likely due to the fact that waking up in the dark is harder. Keeping DST year-round also increases the duration of dark mornings in the winter! Most notably, energy savings were not seen under this permanent DST in 1974. In fact, permanent DST in 1974 in the US didn't make it for full two years: Congress rolled back the measure in a 383-to-16 vote, clearly demonstrating that this was a bad idea. Let's not replicate the errors of the past!

### **Is an increase in exercise during DST a good reason to stick to permanent DST?**

Currently, DST occurs in spring, and ends after the summer. Those times of year are typically associated with more outdoor activities because of warmer temperatures. Although it has been argued that DST is associated with more physical activity during the summer months, it is more likely that the change in season is responsible for changes in physical activity patterns. It is also noteworthy that there is no direct evidence suggesting that permanent DST would be beneficial for physical activity during the winter months. Conversely, keeping Standard Time throughout the year (rather than DST) will not affect the seasonality of warmer temperatures and longer evening light in summer. Thus, it is unlikely that locking into Standard Time instead of DST will abolish the positive effects of exercise during the summer months.

# Permanent daylight saving time: An idea whose time has not come again

Evidence is in short supply to justify the shift.

By Editorial Board (<https://www.startribune.com/editorial-board/6390869/>) Star Tribune | MARCH 26, 2022 — 6:00PM

Minnesotans' willingness to give permanent daylight saving time a try back in the 1970s was understandable.

Consumers were reeling from that era's steep inflation. Energy prices were particularly painful, with oil shortages the fallout from Middle East producers flexing their might.

No wonder 68% of those surveyed in a Minnesota Poll published Dec. 2, 1973, said they favored a shift to year-round daylight saving time (DST). If a simple clock adjustment could reduce energy demand and yield savings, why not give it a try? That same rationale led the U.S. Congress to pass legislation to leave clocks one hour ahead year-round beginning in early 1974.

Three months after this shift, Minnesotans had had a major change of heart. In a Minnesota Poll published March 20, 1974, 58% of those surveyed said they preferred standard time during the winter.

That historical reality should throw cold water on ill-informed modern-day proposals for a permanent DST shift.

If it didn't work in 1974, it's unclear why it would work now.

Yet there are bills with broad bipartisan support at the state and federal levels to make this switch again. One of them, the "[Sunshine Protection Act \(https://www.congress.gov/bill/117th-congress/senate-bill/623?](https://www.congress.gov/bill/117th-congress/senate-bill/623?)

[q=%7B%22search%22%3A%5B%22sunshine+protection+act%22%2C%22sunshine%22%2C%22protectio](https://www.congress.gov/bill/117th-congress/senate-bill/623?q=%7B%22search%22%3A%5B%22sunshine+protection+act%22%2C%22sunshine%22%2C%22protectio)," cleared the U.S. Senate with little debate but unanimous consent on March 15. It would make DST permanent [beginning in 2023 \(https://www.rubio.senate.gov/public/index.cfm/press-releases?id=B7EE5AB2-E909-49B3-B0DF-4F1DC0AB49C6\)](https://www.rubio.senate.gov/public/index.cfm/press-releases?id=B7EE5AB2-E909-49B3-B0DF-4F1DC0AB49C6).

At the Minnesota Legislature, there are bills, SF 149 ([https://www.revisor.mn.gov/bills/bill.php?b=Senate&f=SF0149&ssn=0&y=2021&keyword\\_type=all&keyword=daylight](https://www.revisor.mn.gov/bills/bill.php?b=Senate&f=SF0149&ssn=0&y=2021&keyword_type=all&keyword=daylight)) and HF 72 (<https://www.revisor.mn.gov/bills/bill.php?f=HF72&y=2021&ssn=0&b=house>), calling for this as well. Sen. Mary Kiffmeyer ([https://www.senate.mn/members/member\\_bio.html?leg\\_id=15302](https://www.senate.mn/members/member_bio.html?leg_id=15302)), R-Big Lake, has long been a champion ([https://www.revisor.mn.gov/bills/bill.php?b=Senate&f=SF0149&ssn=0&y=2021&keyword\\_type=all&keyword=daylight](https://www.revisor.mn.gov/bills/bill.php?b=Senate&f=SF0149&ssn=0&y=2021&keyword_type=all&keyword=daylight)) of ending the current "spring forward, fall back" clock shift. A companion bill in the House has a list of authors that includes prominent DFLers and fiery conservatives.

The state legislation, if passed, would be dependent on a congressional approval, which is sensible. Things would get confusing if Minnesota made this switch but other states did not.

Kiffmeyer's clock-flipping complaints are legitimate. The changes, as she said in a statement, are linked to a "statistical rise in car crashes, days missed from work, heart attacks and workplace injuries immediately surrounding the change. These issues emerge as a result of the sleep disruption and a chaotic transition."

Ending the twice-a-year clock change merits serious consideration. But the state and federal bills go beyond that to make DST permanent. That would be a mistake. If there is a shift, it should be to standard time.

The Star Tribune's archives help explain why. The 1974 change went into effect on Jan. 6 that year, trading darker mornings for afternoon daylight. On that day, the time change meant the sun rose in Minnesota around 8:50 a.m. (<https://sunrise-sunset.org/us/minneapolis-mn/2022/1>)

By Jan. 16, the Star Tribune was reporting two accidents that may have been linked to the unaccustomed morning darkness. In Duluth, a 3-year-old boy died when he and his mom were struck returning from a bus stop. In Austin, a car hit a crossing guard and two elementary students.

Parents were advised to add reflective materials to kids' coats. Local leaders called for later school start times to protect kids. Reports released nationally suggested energy savings were minimal. Not surprisingly, broad regret settled in. In October 1974, then-President Gerald Ford signed [legislation undoing \(https://www.smithsonianmag.com/smart-news/what-happened-the-last-time-the-us-tried-to-make-daylight-saving-time-permanent-180979742/#:~:text=In%20October%201974%2C%20President%20Gerald,planned%20two%2Dyear%20the%20change.](https://www.smithsonianmag.com/smart-news/what-happened-the-last-time-the-us-tried-to-make-daylight-saving-time-permanent-180979742/#:~:text=In%20October%201974%2C%20President%20Gerald,planned%20two%2Dyear%20the%20change.)

As the current Congress weighs DST 2.0, health experts are speaking out. If there is a permanent change, standard time is the clear choice. It provides more early daylight and most closely aligns with the body's natural wake-work-sleep rhythms. Misalignment has been linked to "increased cardiovascular disease risk, metabolic syndrome and other health risks," [according \(https://jcs.m.aasm.org/doi/10.5664/jcs.m.8780\)](https://jcs.m.aasm.org/doi/10.5664/jcs.m.8780) to the American Academy of Sleep Medicine.

Simply put, "It's better to have light in the mornings than the evenings," said [Dr. Conrad Iber \(https://med.umn.edu/bio/dom-a-z/conrad-iber\)](https://med.umn.edu/bio/dom-a-z/conrad-iber), a sleep medicine physician at University of Minnesota Medical School and M Health Fairview.

It's unclear why there's momentum this year behind the federal DST shift. A change that affects so many requires thoughtful consideration and solid evidence to justify it.

So far, both are in short supply. A pause, at the very least, is timely and necessary.

Dear Committee on State Government,

Please approve HF 1944. This bill is the only federally approved way to ditch Daylight Saving Time, as most voters want to do. Permanent Standard Time is endorsed by dozens of nonprofits for health and safety, and it will not darken mornings or deprive sleep. It's supported by public polling, and it's proven by history to be most lasting. Yes on HF 1944. Thank you!

Full disclosure, the above is copy/paste if you couldn't tell lol but I really am passionate about this topic and respectfully ask for your consideration and support this bill.

Thank you,

Andrea Larson

Cottage Grove

[andil Larson45@gmail.com](mailto:andil Larson45@gmail.com)

Esteemed Committee on State Government,

I am writing to ask you to approve HF 1944 for Permanent Standard Time. This is the only currently legal way to end the disruptive practice of Daylight Saving Time, which most Minnesotans oppose. Permanent Standard Time is endorsed by medical professionals and experts on sleep and safety, whereas permanent DST would make winter mornings even darker, deprive everyone of an hour of sleep, and constitute a repeat of dangerous historical mistakes. I trust you to do the right thing and vote YES on HF 1944.

Sincerely,

Thomas Boguszewski

Roseville, MN

[thomasboguszewski@gmail.com](mailto:thomasboguszewski@gmail.com)

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Thank you,

Carol Kaufman

Asheville, NC

[ckaufman828@gmail.com](mailto:ckaufman828@gmail.com)

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Thank you!

Alexander Smith

[alexanderzurielsmith@gmail.com](mailto:alexanderzurielsmith@gmail.com)

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Thank you!

A minnesota State resident my whole life.

V/R,

Christopher Shedd  
[chshedd4@gmail.com](mailto:chshedd4@gmail.com)

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Thank you!

Peggy G

pggeyen7@gmail.com

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Thank you!

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