

March 9, 2026

Minnesota Legislature

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

Dear Honorable Legislators,

As a Minnesota resident, I have followed the issue of seasonal clock changes and time policy for several years, and I respectfully urge you to support [HF 1944](#) (Freiberg) and [SF 2403](#) (Mohamed), which would **allow Minnesota to remain on permanent Standard Time (UTC-6) beginning in spring 2027.**

I previously submitted [testimony](#)¹ to the Minnesota House in 2021 regarding [HF 72](#), outlining the benefits of ending seasonal clock changes and remaining on a local time aligned with Minnesota's geography, **with supporting references.**

Ending the biannual time change would bring several **benefits:** protection of sleep and circadian health, which are essential for public safety and well-being; reduced administrative and economic costs associated with the time change; and simplification for science and technology.

Choosing permanent Standard Time (CST, UTC-6) is appropriate for Minnesota. Compared to advanced time (UTC-5), it provides better **health** outcomes, lower overall **costs** (including health, heating, and air conditioning), lower consumption (particularly fossil fuels such as **gasoline**), and lower carbon emissions.

Permanent advanced time (CDT, UTC-5) would be a poor choice. Any marginal savings in lighting electricity occur in summer, while other costs increase year-round, and the policy has a poor historical record: when year-round advanced time was tried in the United States in 1974, it was quickly reversed. I would therefore encourage the Legislature, if possible, to consider **safeguards** ensuring that Minnesota remains on Standard Time should federal law ever allow states to adopt permanent advanced time.

In a time of affordability concerns and climate challenges, adopting permanent Standard Time represents a practical and forward-looking choice.

Thank you for your consideration.

Respectfully,

Laetitia Moreau, MS & MBA



Minnetrista, MN 55364

naturaltime365.us@gmail.com