

Alaska State Medical Association

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House State Affairs
State Capitol
Juneau, Alaska 99801

House Bill 229: "An Act exempting the state from daylight saving time; and providing for an effective date."

Dear Chair Carrick and Committee Members,

The Alaska State Medical Association (ASMA) represents physicians and physician assistants across the state and is primarily concerned with the health of all Alaskans.

ASMA writes in strong support of exempting Alaska from daylight saving time.

The National Sleep Foundation found that the human circadian system does not adjust to annual clock changes and disrupts sleep. Stanford Medicine published a study stating that changing clocks twice a year disrupts circadian rhythms, leading to higher rates of stroke and obesity. Other studies have documented higher rates of heart attacks and car accidents, especially at the "spring forward" clock change. There are known health benefits to increased morning light. More than 60% of the world is on standard time. Changing clocks twice a year is universally disliked.

We urge you to support the health of all Alaskans and pass HB 229.

Sincerely,



Rhene Merkouris, M.D. President
Alaska State Medical Association