



SAVE STANDARD TIME

2025 March 10

The Alaska State Legislature
120 4th Street
Juneau, Alaska 99801

Re: **Yes on SB 102, No on SB 26**. Ditch DST, as best for health/safety/education/economy.

Dear Honorable Legislators,

Please support SB 102 to ditch Daylight Saving Time (fast time) and restore permanent Standard Time (natural time). This is the quickest, healthiest, safest, fairest, most economical, and most lasting way to end disruptive and deadly clock changes, as supported by history, science, first principles, and federal law. Please oppose SB 26, which regrettably seeks the opposite.

Permanent Standard Time is the only federally approved way to end biannual clock changes, as most voters wish. Gallup finds half of Americans support permanent Standard Time, a quarter support permanent DST, and a fifth support the status quo. Standard Time is the honest clock, set to the sun, known for this reason as natural time or God's time. It balances morning and evening light fairly for all citizens. Its benefits to circadian health naturally improve immunity, longevity, mood, alertness, and performance in school, sports, and work. Standard Time protects start times for schoolchildren, commuters, outdoor laborers, and service personnel. It lets most people sleep naturally past sunrise most days, and it makes bedtimes easier for families. Permanent Standard Time has been observed without incident in Arizona, Hawaii, all five US territories, and most nations for decades. Most of Mexico restored permanent Standard Time in 2022. More states now have permanent Standard Time bills than ever before. Permanent Standard Time sets clocks objectively and lets individuals and businesses choose their schedules from there.

Permanent DST would be worse than the status quo. It would delay sunrise in Anchorage past 9am for 4 $\frac{1}{2}$ months, as late as 11:16am. It has failed repeatedly, sometimes with loss of life. DST is a fast 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 would mandate constituents to wake an hour early all winter in cold darkness. It would deprive sunlight from mornings, when it's needed most. It would revert benefits of starting school later. It would delay morning news broadcasts until most people begin work. It would increase residential heating and air conditioning. It would disrupt sun-timed prayers. Fewer states have permanent DST bills than before, and federal bills for permanent DST have fewer sponsors. Anyone who wants DST can choose to wake him/herself earlier.

Scores of organizations and thousands of researchers, physicians, teachers, parents, religious leaders, and journalists on the right and left oppose DST and endorse permanent Standard Time. Among these are the Sleep Research Society, Society for Research on Biological Rhythms, National Sleep Foundation, American Academy of Sleep Medicine, American Academy of Neurology, American Thoracic Society, American College of Chest Physicians, National Safety Council, American College of Occupational & Environmental Medicine, editorial boards of *Bloomberg*, *Orlando Sentinel*, *Minnesota Star Tribune*, *Oregonian*, *South Florida Sun Sentinel*, *Daytona Beach News-Journal*, contributors to *Daily Wire*, *PragerU*, *Human Events*, *Cato*, *Breaking Points*, John Locke Foundation, and many more.

Please hear the nonpartisan consensus of history, science, and first principles. Save time, money, and lives. Join the growing movement to ditch artificial DST and restore natural permanent Standard Time.

Sincerely,

Jay Pea
President

jay@savestandardtime.com

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

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

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



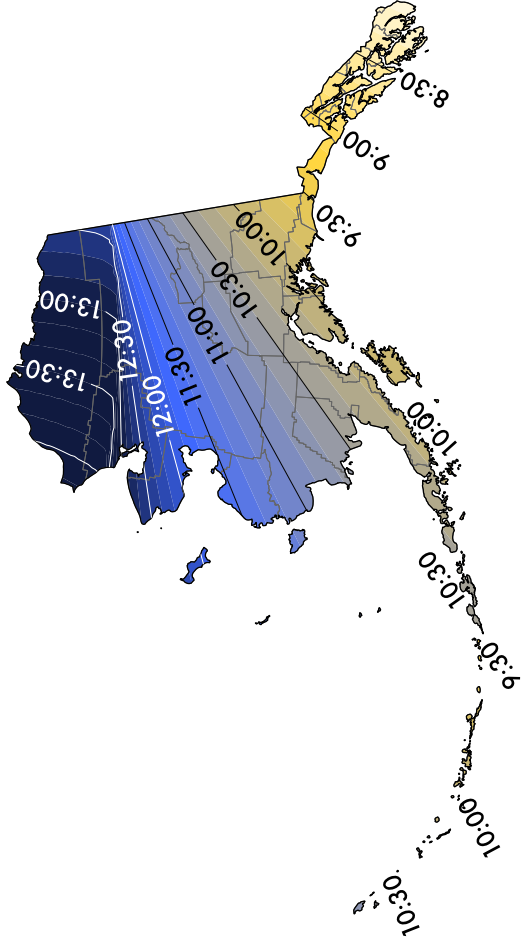
PERMANENT DAYLIGHT SAVING TIME (FAST TIME) FORCES PRE-SUNRISE START TIMES

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

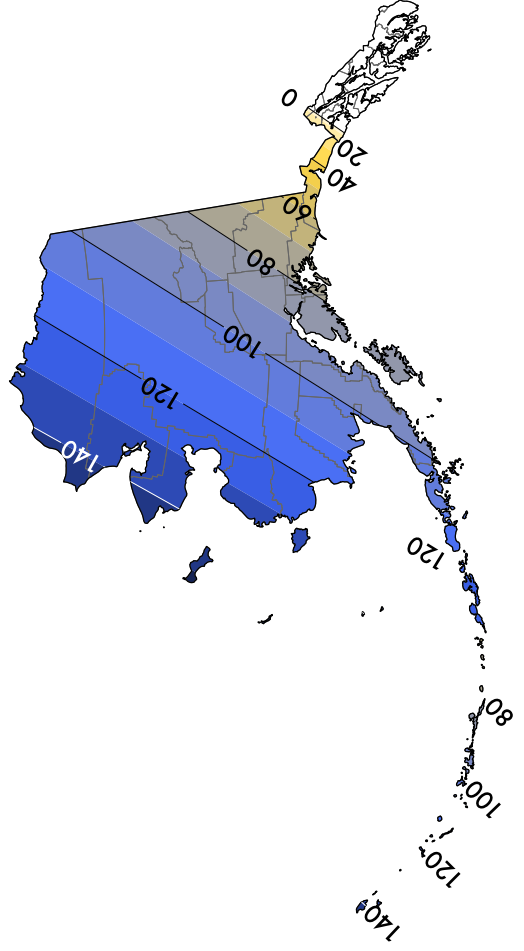


PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises

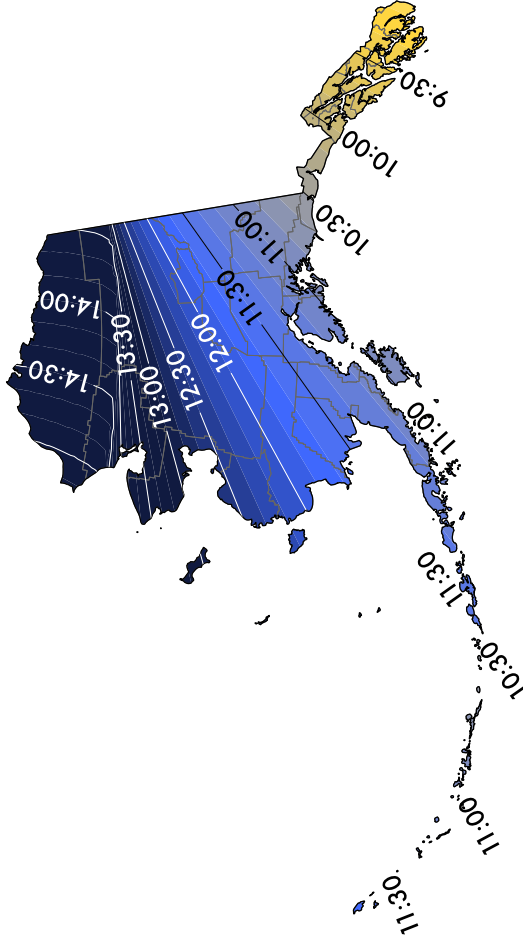


Days with Post-9am Sunrise

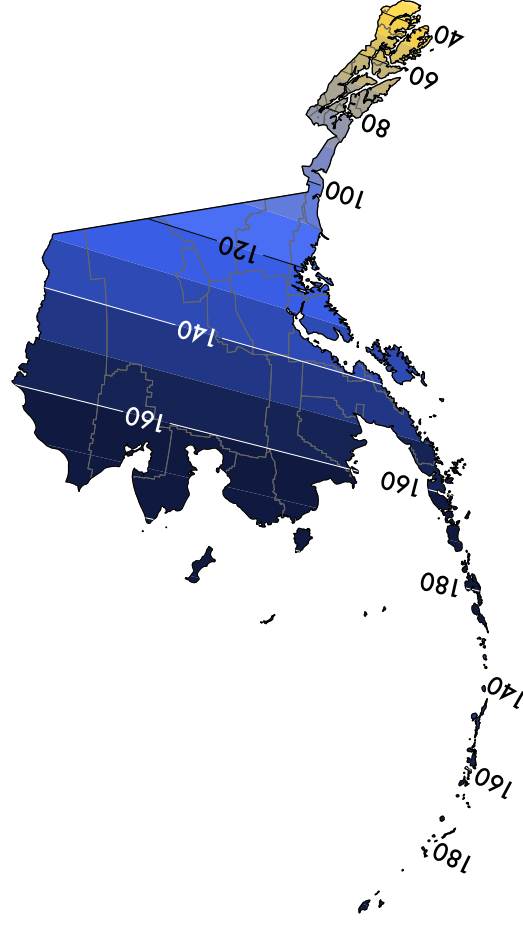


PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

Time of Latest Sunrises



Days with Post-9am Sunrise



Morning sunlight is essential to health, mood, safety, learning, and productivity. Latest winter sunrises occur late December to mid-January.



PERMANENT DAYLIGHT SAVING TIME COST LIVES & MONEY IN 1974

Schoolgirl Hurt; Accident Blamed On Time Change

ARDMORE (AP) — Daylight Saving Time was blamed Wednesday for the injury of a 7-year-old girl. School superintendent Bill Ware said Faritta Gates was struck by a car as she ran across a street to catch a school bus at 8 a.m. The driver of the car said he didn't see the girl in the darkness. Ware ordered classes started a half hour later beginning Monday. The girl was reported doing well at a local hospital with head and arm injuries and a broken leg.

Bids to kill daylight time heard

By ALBERT SEHLSTEDT, JR.
Washington Bureau of The Sun
Washington—There were serious moves in Congress yesterday to repeal year-around daylight saving time, which went into effect only three weeks ago as an energy-saving measure. Congressmen in both houses expressed concern over school children who have been injured on roads and highways during the dark morning hours of winter.

Children's deaths spur bid to repeal daylight saving

DAYLIGHT, from A1 one-day session solely to deal with the daylight saving time issue. In the United States Senate, Marlow W. Cook (R., Ky.) rose in support of repealing the year-round daylight saving plan, cleared by Congress December 14, and cited the Florida deaths, plus a reported increase in sexual assaults on youngsters in Minnesota and problems in other states. Senator Dick Clark (D., Iowa), sponsor of one of the Representative Claude Pepper (D., Fla.), who, along with most of the Florida delegation, is supporting repeal, said last week that "the small savings in energy that we will make do not justify the loss of lives of our children nor the hardship placed upon our children and their parents."

Girl, 6, Critically Injured in Accident

A 6-year-old Tulsa girl was struck by a car and critically injured Wednesday as she neared a school bus stop at Virgin Street and Trenton Avenue in Daylight Saving Time dark. Kelly Hines, daughter of Beverly Williams of 2133 N. St. Louis Ave., remained in the intensive care unit of Hillcrest Medical Center Wednesday night. She received a fractured skull and a broken leg. Two other children were killed and two others injured by cars near Woods.

NEWSPAPER FILES AND Traffic Engineering Department records show that a 5-year-old boy was killed near the Trenton-Virgin intersection in May, 1972, and that there have been two other pedestrian accidents in the vicinity of the intersection since 1970. The word "School" was displayed in large letters on the sign.

School children, workers

Daylight saving move leaves many in dark

Darkness reigned for an extra hour this morning on the first work day under new daylight saving hours invoked Sunday to conserve the nation's energy. For day shift workers who normally rise at 6 a.m. to begin work at 7 a.m. there was little difference. Industries here reported no more than the usual Monday morning absenteeism and lateness. Children, however, had to meet their school buses in darkness, confronting traffic still relying on headlights. School officials said there were no accidents, school buses were on time and their fears of trouble were unfounded—for today at least. Robert W. Maroni, assistant superintendent of North Adams schools, said there has been an intensive safety campaign at all schools in preparation for the time shift because officials "are deeply concerned" about traffic dangers in the darkness. Business at all the morning coffee shops was normal except at the Dunkin' Donuts shop on Union Street where a spokesman said, "It's been one of the worst days we've ever had." Or so it seemed until he checked cash sales which were only slightly below normal rates for a Monday. He said,

nonetheless, that customers were fewer—especially young people. He said even traffic at the busy intersection of Union and Eagle streets seemed below normal.

Business at the Capitol restaurant and the Wm. Tally House was only slightly less than normal. The only difference made by daylight saving hours was common grumbling about having to rise in darkness.

Business was usual at Nassif's professional pharmacy coffee bar where most customers said only that the time shift came suddenly for them. There

By BOB GUENTHER
Star Staff Writer

Minneapolis — Midwestern governors, including Nebraska's J. James Exon, Wednesday told federal energy administrator John Sawhill they approve of the fuel conservation measures his office has mandated — except for year-around Daylight Savings Time.

North Dakota Gov. Arthur Link told Sawhill, "Please, don't ask us to live with Daylight Savings Time again this winter. We've responded to all other regulations, but this one is unreasonable in the northern climates."

still supports year-around Daylight Savings Time; he estimated it cut the nation's fuel usage by .5% last winter.

Link doubted any savings resulted, since he noted that on cold, dark mornings this past winter many North Dakota parents drove their children to school instead of letting them wait for a bus.

Distributes Usage
Sawhill defended the Daylight Savings approach, saying it distributes kilowatt usage more evenly over a day and cuts down on the need for power companies to use peak generating units.

governors and stated that Nebraska are not "sold" on year-around Daylight Savings.

The governors unanimously passed a resolution asking the federal government to abandon Daylight Savings during winter months.

The only concession made by Sawhill was a statement indicating he favors keeping the 55 m.p.h. speed limit more than Daylight Savings.

"The 55 m.p.h. speed limit should become permanent to save both lives and fuel," Sawhill said. He estimated that the 55 m.p.h. limit has saved 200,000 barrels of oil per day.

however, will remain in short supply, as will coal if a strike by the United Mine Workers materializes.

Nevertheless, Sawhill said the administration has no plans to continue mandatory fuel allocation beyond the February 28, 1975, expiration date.

The governors want to keep the allocation program. Iowa Gov. Robert Ray said, "It's our only method of solving emergency situations at the local level."

Sawhill replied, "We're not going... to leave you without the tools to move fuel into critical areas... We would renew allocations in the event of a coal strike."

DST BRINGS SWITCH

Road Crews Start One Hour Later

The midwinter switch to Daylight Saving Time has forced county road-building crews to start their work one hour later than usual, that daylight will be dark.

Commissioners Richardson and Lynch said Thursday morning crews began work later than usual working in the dark.

Richardson said his crews are starting to work at 8:30 a.m. instead of 7:30 as they have in the past.

Can't Work in Dark
Lynch said his men had come to work at 8 a.m. until Monday, but they now begin at 8:30.

"They can't work in the dark," Richardson said. "They work around heavy equipment and sometimes work in traffic."

"We don't want to get someone killed because a driver couldn't see them in the dark."

"And it's no good having them sit in the yards until it gets light. That costs the county money. So we just rescheduled their working hours," he said.

Employees Complain
Lynch said private road contractors will probably change the working hours for their employees also if they haven't already done so.

Lynch said many courthouse employees are complaining about driving to work in the dark also but



The People Speak

School Children Exposed to Danger

TO THE EDITOR:

Like most Americans, I can accept the restrictions to conserve our country's energies.

But for the life of me, I am unable to figure out how this daylight savings time can be of any benefit.

As a former student of the Oklahoma drivers training program, we were taught from the drivers manual that dusk-to-dawn driving is the most dangerous. This is a fact!

This time change has put many more drivers on the roads in the dark. These people, on the old time, drove in the full light in order to be to work at 8 or 9 a.m. This makes accident probabilities much higher.

Children are walking to school, or waiting for buses in the dark, thus exposing them to the danger of drivers. This adds one more worry for parents, who are burdened and worried with day to day living and jobs they may or may not be able to keep.

Why in the world does the time change have to be.

Praise Electricity

TO THE EDITOR:

I'm sure there are a lot of folks just like me who are real thankful for our electric lights this morning. We can see our way to get around, what with this new time and all.

There's a school right across from my house and they have their lights shining brightly for the children. Then, too, our cars have their lights on bringing youngsters to school and that yard-long bus looks like a Christmas tree!

How the new time will help the energy crisis I don't know.

Hazel B. Caruthers, Cushing

Two Crises Exist

TO THE EDITOR:

John Q. Public is accustomed to injustices. His motor vehicles have been swarmed up by emission control devices which not only reduce fuel consumption from 7 to 20 percent but in terms of dollars and cents cost him in the neighborhood

Change Backwards

TO THE EDITOR:

It seems that our lawmakers in Washington have done it again. They have changed our clocks to fit their needs—protesting to save fuel. But as anyone knows, it is ineffectual. To start with we are turning our thermostats up an hour earlier each morning. This will use more fuel because it is always coldest from about 4 a.m. until 7 a.m. (Suntime).

Now everyone gets off work one hour earlier (by Suntime) so they have one more hour to drive around each evening before dark, using more fuel.

We are helping the energy crisis like a hole in the head or as on California politician said a while back, "This time change causes the sun to shine on his lawn an hour longer each day."

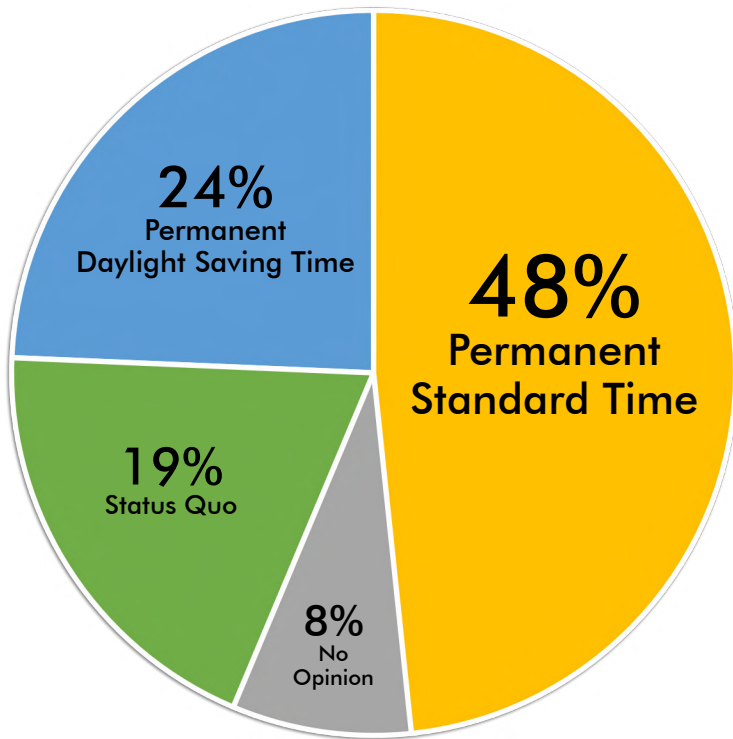
Every politician should be voted out, and replaced with some hard working farmers who understand nature, and I believe we could get things straightened out in a few



More at: newspapers.com/profile/savestandard



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>



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





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

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
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
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 Treatment & Biological Rhythms
Society for Research on Biological Rhythms
Society of Anesthesia & Sleep Medicine
Society of Behavioral Sleep Medicine
Southern Sleep Society
Tennessee Sleep Society
Wisconsin Sleep Society
World Sleep Society

Education & Families

Anne Arundel County Public Schools
Colorado Parent–Teacher Association
Florida Parent–Teacher Association
League of Women Voters of Delaware County

Maryland Association of Boards of Education
National Parent–Teacher Association
Regional Adolescent Sleep Needs Coalition
Start School Later

Safety & Labor

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

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

News Editorial Boards

Bloomberg Opinion
The Daytona Beach News–Journal
Minnesota Star Tribune

The Oregonian
Orlando Sentinel
South Florida Sun Sentinel

General

California Islamic University
Coalition for Permanent Standard Time
Cuyahoga Astronomical Association
International Alliance for Natural Time
Libertarian Party Mises Caucus

Ohio Bicycle Federation
Rabbinical Council of America
Rabbinical Council of California
Working Time Society
Yes Watch

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



SAVE STANDARD TIME

	Permanent Daylight Saving Time (Fast Time)	Permanent Standard Time (Natural Time)
Morning Sunlight	Forces most people to start school or work before sunrise in winter.	Lets most people see light in morning (when biology needs it most) year-round.
Circadian Alignment	Misaligns clocks from circadian rhythms.	Aligns clocks to circadian rhythms.
Sleep Health	Forces most people to wake by alarm before dawn in autumn, winter, and spring. Dark mornings make waking harder. Light at night makes sleep harder.	Lets most people sleep naturally past dawn year-round. Bright mornings make waking easier. Darkness at night makes sleep easier.
Mental & Physical Health	Increases depression, substance abuse, obesity, high blood pressure, stroke, heart disease, diabetes, and cancer.	Improves mood, neurological health, stress resilience, weight balance, heart health, immunity, and longevity.
Safety & Crime	Increases accidents and injury recovery times.	Improves alertness and decision-making.
Education & Economy	Impairs school performance. Decreases workplace productivity and wages.	Improves school performance. Increases workplace productivity and wages.
Farmers & Construction Workers	Shortens morning light needed for outdoor labor and all-day alertness.	Preserves morning light needed for outdoor labor and all-day alertness.
Energy & Environment	Darker mornings increase demand for morning heat. Brighter evenings increase demand for evening A/C.	Balances the sun's light and heat between morning and evening, for less demand, less expense, and less waste.
Radio Broadcasts	Dark mornings impair radio. News broadcasts would be delayed until most people have begun work.	Preserves morning light needed for radio broadcasts of morning news and traffic reports.
Religious Rights	Unfairly overlaps work hours with morning prayer times of observant worshippers.	Many faiths call Standard Time "God's Time" for its connection to the natural world (to creation).
Federal Law	Prohibited by the Uniform Time Act (15 USC §260a).	Approved for states by the Uniform Time Act (15 USC §260a).
Lasting Public Support	Repeatedly tried and reverted after winter is experienced in the US and other nations.	Observed in Arizona, Hawaii, all five US territories, and most nations for many decades.