



# SAVE STANDARD TIME

The best clock for health, safety, education, economy, environment, civil liberties, and lasting approval.

2021 May 13

House State Affairs Committee  
The Alaska State Legislature  
Juneau, Alaska

Re: Oppose HB-31 (Amend to Permanent Standard Time)

Dear Honorable Committee Members,

Please oppose HB-31 until amended from permanent Daylight Saving Time to permanent Standard Time. Permanent DST has repeatedly failed before, with loss of lives and money. Only permanent Standard Time (defined naturally by the sun) can improve viral immunity with better sleep, protect schoolchildren and workers with morning sunlight, achieve sustainable public approval, and be enacted without congressional action.

Scores of organizations representing thousands of scientists/doctors and millions of teachers/parents oppose permanent DST and endorse permanent Standard Time. Among these are the National PTA, National Safety Council, American Academy of Sleep Medicine, American College of Chest Physicians, National Sleep Foundation, American College of Occupational & Environmental Medicine, Start School Later, Society for Research on Biological Rhythms, Association of Canadian Ergonomists, and Canadian Society for Chronobiology (example expert statements enclosed).<sup>[AASM][CSC][NSF][SRBR]</sup>

Permanent Standard Time is the quickest way to end clock changes, as the Uniform Time Act pre-approves any state's self-declared exemption from DST and restoration of permanent Standard Time. Recent scientific polling shows strong public support to end clock changes, with preference for permanent Standard Time.<sup>[AP]</sup> History shows support for permanent DST reverses into strong opposition once its forced early waking in dark, cold winter mornings is experienced. Permanent DST has failed several times worldwide; it was a deadly disaster in the US in 1974.<sup>[BBC][Ripley][Yorkshire]</sup>

Most work and school days start at 8am<sup>[CDC][Silver]</sup>. Permanent DST would delay sunrise in Anchorage to 11:15am and past 8am for 5.7 months, in Juneau to 9:46am and past 8am for 4.1 months, and in Fairbanks to 11:59am and past 8am for 5.5 months (comparison photos enclosed). Its shorter, darker mornings would undo the benefits of starting school later and disrupt work schedules.<sup>[Borisenkov][Cell][Schlanger][Skeldon]</sup> Permanent Standard Time instead preserves morning sunlight, when health, safety, and productivity need it most.<sup>[AASM][CSC][Juda][Roenneberg][SRBR]</sup>

Sleep is essential to viral immunity (including COVID),<sup>[Meira][Panda][Ray]</sup> and for years the CDC has classified sleep deprivation as a nationwide epidemic.<sup>[Jin]</sup> Springing clocks forward to DST acutely deprives sleep. Leaving clocks forward on DST chronically deprives sleep (estimated

average 19 minutes nightly).<sup>[CSC][Giuntella][Roenneberg]</sup> Artificial delay of sunrise by one hour each day (such as by DST) manifests as statistically significant increases in accidents, disease (certain cancers up 12–36%), and healthcare costs, and as statistically significant decreases in learning, productivity, and earnings (individual wages down 3–5%).<sup>[CSC][Gibson][Giuntella][Gu][Juda][Roenneberg]</sup> It is not just clock change that harms, but also DST's forced early waking. Permanent Standard Time lets us sleep.<sup>[AASM][SRBR]</sup>

Please listen to the consensus of scientists, doctors, teachers, polling, and history. Save money and lives. Reject permanent DST, and restore permanent Standard Time instead.

Sincerely,



Jay Pea  
Founder & President  
[jay@savestandardtime.com](mailto:jay@savestandardtime.com)

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**Oppose Permanent Daylight Saving Time**  
Forces early waking—decreases immunity and alertness.

**Support Permanent Standard Time**  
Lets us sleep—for health, safety, and education.

**“Permanent, year-round Standard Time is the best choice to most closely match our circadian sleep–wake cycle.**

Daylight Saving Time results in more darkness in the morning and more light in the evening, disrupting the body’s natural rhythm.”

**Muhammad Adeel Rishi MD**  
**Mayo Clinic & American Academy of Sleep Medicine**

<https://aasm.org/american-academy-of-sleep-medicine-calls-for-elimination-of-daylight-saving-time/>

 **SAVE STANDARD TIME**

**“The human circadian system does not adjust to Daylight Saving Time.**

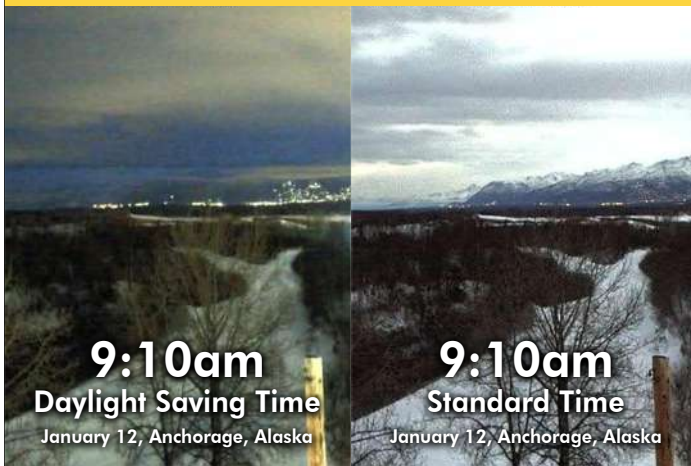
Sleep becomes disrupted, less efficient, and shortened... Permanent Standard Time is the healthier, more natural choice.”

**Nathaniel F Watson MD MSc**  
**Neurology Professor, University of Washington, Seattle**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6557642/>

 **SAVE STANDARD TIME**

**Most work/school starts at 8am.**  
How would you rather start your day half the year?



**9:10am**  
**Daylight Saving Time**  
January 12, Anchorage, Alaska

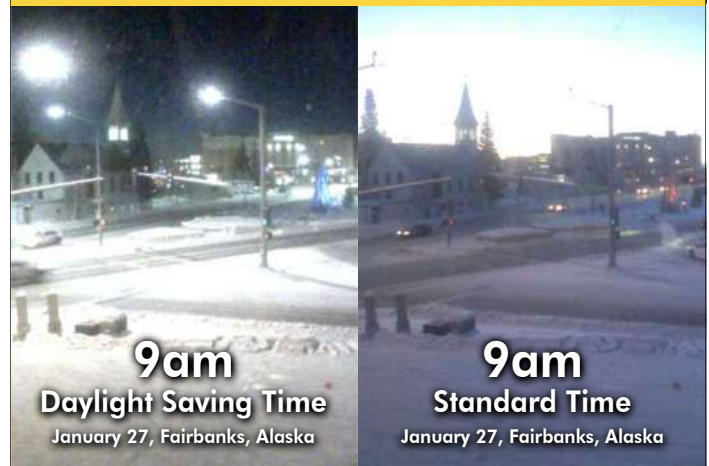
**9:10am**  
**Standard Time**  
January 12, Anchorage, Alaska

Permanent Standard Time is the safest, healthiest, quickest end to clock change.

 **SAVE STANDARD TIME**

8:03am average school start in the US. CDC, US ED, SASS, 2015. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6430a1.htm>  
7:55am median work arrival in the US. 538, ACS, USCB, 2014. <https://fivethirtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

**Most work/school starts at 8am.**  
How would you rather start your day half the year?



**9am**  
**Daylight Saving Time**  
January 27, Fairbanks, Alaska

**9am**  
**Standard Time**  
January 27, Fairbanks, Alaska

Permanent Standard Time is the safest, healthiest, quickest end to clock change.

 **SAVE STANDARD TIME**

8:03am average school start in the US. CDC, US ED, SASS, 2015. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6430a1.htm>  
7:55am median work arrival in the US. 538, ACS, USCB, 2014. <https://fivethirtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

**“Cancer rates significantly increase when sunrise is later.**

Permanent DST would make sunrise later, while permanent Standard Time would make sunrise closer to body time.”

**Nicolas Cermakian PhD**  
**President, Canadian Society for Chronobiology**

<https://www.theglobeandmail.com/opinion/article-turn-back-the-clock-on-daylight-savings-why-standard-time-all-year/>

 **SAVE STANDARD TIME**

**“National PTA is opposed to Daylight Saving Time during the winter months because of the safety factor.”**

**Heidi May Wilson**  
**Spokesperson for the National Parent Teacher Association**

<https://www.washingtonpost.com/science/2019/03/08/springing-forward-daylight-saving-time-is-obsolete-confusing-unhealthy-critics-say/>

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## Endorsements of Permanent Standard Time as the Better Year-Round Clock

The following parties reject permanent Daylight Saving Time and endorse permanent Standard Time as the better year-round clock. These are not implied to be endorsements of the Save Standard Time entity.

### Organizations (non-comprehensive list)

National PTA	National Education Association
National Safety Council	American Academy of Sleep Medicine
American College of Chest Physicians	American Federation of Teachers
National Sleep Foundation	National School Boards Association
American College of Occupational/Environmental Medicine	B-Society
Start School Later	American Academy of Dental Sleep Medicine
Rabbinical Council of America	European Sleep Research Society
Society for Research on Biological Rhythms	Agudath Israel of America
Florida PTA	Society of Anesthesia & Sleep Medicine
World Sleep Society	German Teachers' Association
European Biological Rhythms Society	International Alliance for Natural Time
French Society for Sleep Research & Medicine	Society of Behavioral Sleep Medicine
National Commission for Rationalization of Spanish Hours	American Academy of Cardiovascular Sleep Medicine
California Islamic University	Portuguese Sleep Association
Agudath Israel of Florida	Society for Light Treatment & Biological Rhythms
Francophone Chronobiology Society	Rabbinical Council of California
Association of Canadian Ergonomists	Agudath Israel of California
Good Light Group	Northwest Noggin Neuroscience
Catalunya Advisory Council for Timetable Reform	Agudath Israel of Chicago
California Sleep Society	Daylight Academy
Michigan Academy of Sleep Medicine	Kentucky Sleep Society
Ohio Bicycle Federation	Maryland Sleep Society
Wisconsin Sleep Society	Australasian Chronobiology Society
Canadian Society for Chronobiology	Cuyahoga Astronomical Association
Southern Sleep Society	Adath Israel San Francisco
Normal Time All the Time	Tennessee Sleep Society
German Society for Time Policy	Curtis Clock Lab
Missouri Sleep Society	Capitol Neurology
Solaris Fatigue Management	Stephens Memorial Observatory
Sleep Medicine Association Netherlands	Dutch Society for Sleep-Wake Research
Chronobiology Lab Groningen	Dakota Sleep Society
Better Times Platform	Barcelona Time Use Initiative for a Healthy Society

### Individuals (non-comprehensive list)

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Salman Ahsan PhD, San Jose, California  
Shimon Amir PhD, Professor, Concordia University, Montreal, Quebec  
Sonia Ancoli Israel PhD, Professor Emeritus, University of California, San Diego

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Susanna Barry PhD, College Mental Health Counselor & Sleep Coach, Cambridge, Massachusetts  
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Dr Irving Lebovics, Los Angeles, California