



The Honorable Dan Ortiz  
State Capitol Room 513  
Juneau, AK 99801

April 21<sup>st</sup>, 2021

Re: HB 31, An Act relating to daylight saving time

Dear Representative Ortiz:

I write to you today in strong support of HB 31. We sincerely thank you for introducing this important legislation.

We are a Juneau based floatplane operator providing glacier flightseeing tours to the historic Taku Lodge. Daylight hours for flightseeing have a direct impact on our business model. It is vital that we operate on the DST schedule to optimize our ability to meet our customers needs in an efficient manner. In addition, we also support HB 31, to reduce the negative impact of time changes to our coworkers, children, and our community.

Additionally, with the recent pandemic and economic catastrophe related to the tourism industry, particularly in Southeast Alaska, maximizing any opportunity to build back a strong economy is crucial.

This legislation would be a powerful and successful solution to the ongoing debate of stabilizing the year round use of time zone seasonality. One year-round time zone is the solution in the form of permanent Daylight Saving Time. The alternative version has been proposed in the past and we actively spoke in opposition due to the unintentional negative consequences it would have had on our business, and countless other similar operators.

By making DST permanent instead of Standard Time, this bill would not only end the twice-a-year changing of our clocks (and loss of sleep) it would also:

1. Maintain the existing daylight hours in the summer that are critical for the Alaska tourist industry to maximize tourist excursions;

2. Extend daylight hours later in the day during the winter, allowing for later flight operations and more after school daylight hours; and
3. Reduce the time zone difference between Alaska and the east coast financial markets to three hours instead of four hours during the winter, thereby having a positive effect on all financial managers, including those of the Permanent Fund Corporation.

This concept is picking up both regionally and nationally, and has support from many industries and individuals. Three other west coast states are supporting year-round DST, as is British Columbia. For the reasons listed above, Alaska should join our neighbors in this effort to have the US Department of Transportation approve year-round DST for all four west coast states, if not the entire United States.

We look forward to supporting this legislation in any way we can, including testifying in favor at legislative hearings.

Thank you on behalf of the owners and employees of Wings Airways & the Taku Glacier Lodge,



Holly Johnson  
President

Email: [Holly@WingsAirways.com](mailto:Holly@WingsAirways.com)  
Mobile: 907-723-4774

cc: *State Affairs Committee Members*  
*The Honorable Rep. Louise Stutes, Speaker of the House of Representatives*  
*The Honorable Sen. Peter Micciche, Alaska Senate President*  
*The Honorable Michael J. Dunleavy, Governor of Alaska*



8991 Yandukin Drive  
Juneau, AK 99801

April 19, 2021

The Honorable Dan Ortiz  
State Capitol Room 513  
Juneau, AK 99801

Re: HB 31, An Act relating to daylight saving time

Dear Representative Ortiz:

We strongly support HB 31 and thank you for introducing this important legislation.

This legislation would end the annual spring forward and fall back between Standard Time and Daylight Saving Time (DST), eliminating the health issues associated with the unnecessary time change ritual. This was a driving factor that led to the introduction of a Senate bill during the 29<sup>th</sup> legislature that would have eliminated DST. But because that approach had substantial adverse impacts on Alaska's tourist industry and financial managers, it did not pass.

However, by making DST permanent instead of Standard Time permanent, this bill would not only end the twice-a-year changing of our clocks it would

1. Maintain the existing daylight hours in the summer that are critical for the Alaska tourist industry to maximize tourist excursions;
2. Extend daylight hours later in the day during the winter, allowing for later flight operations and more after school daylight hours; and
3. Reduce the time zone difference between Alaska and the east coast financial markets to three hours instead of four hours during the winter, thereby having a positive effect on all financial managers, including those of the Permanent Fund Corporation.

Additionally, with the recent pandemic and economic catastrophe related to the tourism industry, particularly in Southeast Alaska, maximizing any opportunity to build back a strong economy is crucial.

The Honorable Dan Ortiz  
April 19, 2021  
Page 2

We are also very encouraged that the three other west coast states are supporting year-round DST, as well as potentially British Columbia. For the reasons listed above, Alaska should join our neighbors in this effort to have the US Department of Transportation approve year-round DST for all four west coast states, if not the entire United States.

We look forward to supporting this legislation in any way possible, including testifying in favor of it at any legislative hearing. By copy of this letter, we are also encouraging the Senate and Governor to also support this bill, expediting its passage, and signing it into law.

Please advise us when the bill is scheduled for a hearing so we can be sure to testify.

Sincerely,



Edward K. Kiesel  
President

cc: *House State Affairs Committee Members*  
*The Honorable Rep. Louise Stutes, Speaker of the House of Representatives*  
*The Honorable Sen. Peter Micciche, Alaska Senate President*  
*The Honorable Michael J. Dunleavy, Governor of Alaska*

**From:** [Scott Yates](#)  
**To:** [Rep. Daniel Ortiz](#); [Sen. Peter Micciche](#)  
**Subject:** Daylight Saving Time  
**Date:** Monday, January 11, 2021 9:27:11 AM

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Rep. Ortiz and Sen. Micciche,

Hope it's OK to write to both of you.

I met Sen. Micciche in Arizona back when we could meet. I was one of the experts on the Daylight Saving Time panel. I tried to write to you after that, but I goofed up your email address.

I see now that Rep. Ortiz has a DST bill, and I just wanted to write to offer to help in whatever way I can. I've got lots of helpful research on my site: <https://www.sco.tt/time/> and I also wrote a blog about how to get a bill passed and signed: <https://www.sco.tt/time/2020/11/daylight-saving-time-legislative-guide-for-2021.html>

Let me know how I can help!

Sincerely yours,  
the Time Wizard ;-)

-Scott Yates

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## Liz Harpold

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**From:** xxxxxxxxxxxxxxxxxxxx  
**Sent:** Monday, February 1, 2021 2:33 PM  
**To:** Rep. Daniel Ortiz  
**Subject:** New Pom:Time Zones

**Categories:** Constituent

Georgianna Zimmerle

Please! Support HB 292 or similar legislation to STOP THE MADNESS! The majority of people I know are tired of the endless and useless changing of the CLOCKS ritual the world does twice a year. It is long past the time when it might have been useful to the public.

## Liz Harpold

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**From:** xxxxxxxxxxxxxxxxxxxx  
**Sent:** Saturday, January 16, 2021 2:46 PM  
**To:** Rep. Daniel Ortiz  
**Subject:** You got a message "Daylight Savings /Mariculture / Ferries"

**Categories:** Constituent

From: Santiago Bedia  
Subject: Daylight Savings /Mariculture / Ferries

Message Body:  
Greetings Dan!

- 1) Yes, lets do away with soring forward and fall backwards.
- 2) Mariculture bill yes, but consider as water temps warm up, the pacific oyster might start to become invasive (but a tasty one).
- 3) We need pedestrian friendly / non-car-centric ferries that connect to excellent public transit systems. Smaller more affordable boats + healthier SE Alaskans. Imagine smaller ferries that have more room for bicycles, kayaks, and hand carts. Maybe a cooperative model as well where members get seasonal discounts, but have to pay a yearly membership.

Well, thanks for your time. I know you are a busy guy with no time to respond.

**From:** [Kris Sperry](#)  
**To:** [Rep. Daniel Ortiz](#)  
**Subject:** Alaska Time Change Bill  
**Date:** Sunday, January 10, 2021 7:36:43 PM

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Rep. Ortiz,

I was very excited to read about your pre-filed bill to move us to Alaska Standard Time throughout the year. As a lifelong Alaskan, I don't see any value in the confusing shifts that come with daylight savings time.

Can you clarify if this would put us on the current daylight savings time or the "off-season" (spring & summer time schedule)?

I continue to advocate for more daylight later in the day for Alaskans. Here are some reasons why (admittedly I've done very little research to support them):

- 1) More daylight during evening hours= more active people  
-more active people reduces medical costs for the state
- 2) Reduction in sedentary lifestyle, seasonal affective disorder, depression, etc.  
because there is more daylight for Alaskans to get outside and enjoy after work & school.
- 3) Throughout the winter time, most of Alaska will experience darkness for morning hours regardless which schedule we're on. However, by having daylight later in the day, we can reduce traffic accidents occurring in post-work rush hour traffic because of better visibility.

Thank you for sponsoring this bill and I sure hope it advances.

Kris



## Liz Harpold

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**From:** CHARLES SCHULTZ  
**Sent:** Thursday, January 28, 2021 4:21 PM  
**To:** Rep. Daniel Ortiz  
**Subject:** Day light savings Bill HB 31

**Categories:** Reply warranted non-constituent

Hello Representative Ortiz,

I am so glad to see you sponsor a bill that would improve life in Alaska.

The health benefits of having a little more light at the end of the day is immeasurable. By allowing a little more after school and workday light, our children and all adults can more easily improve their physical and mental health by finally having a little more time for after school and after work activities.

Our children need this time to exercise, walk the dog, do sports, whatever, but all will improve their physical and mental health, which we all know we need.

I am a small business owner and employ 10 employees. For my business having to make our east coast phone calls for orders, or business in the morning is a small price to pay for my employee's improved wellness. I see no problems for my business whatsoever. The additional one hour of additional time difference, for 6 months a year as they may switch away from Daylight saving time, is simply not a big deal.

Thanks for your efforts,  
Charles Schultz DDS  
Oral and Maxillofacial Surgery  
Juneau, Alaska

**From:** Yvonna Christensen  
**Sent:** Thursday, March 10, 2022 7:52 AM  
**To:** Rep. Daniel Ortiz <Rep.Daniel.Ortiz@akleg.gov>  
**Subject:** 3/10/2022

Hi Dan,

Alaska may and can opt to stay permanently on daylight saving time (without national congressional approval, I am led to believe).

Washington has been contemplating staying on "mountain time."

So, let's you and your friends up there in Juneau get it done for Alaska this session!

Thanks!

Yvonna Christensen

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"Life isn't about waiting for the storm to pass. It's about learning to dance in the rain." & Jeremiah 31:4

**From:** Michelle Myers

**Sent:** Sunday, March 13, 2022 9:24 AM

**To:** All House Members

Just say NO to Time Change! Time Change is very disruptive, say no to changing the time twice a year.

Sent on my own time and my own opinion.

Michelle Myers



# 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

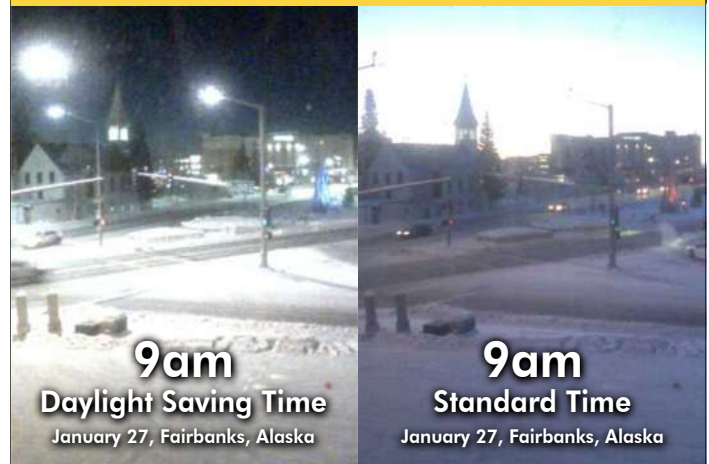
**9:10am**  
Standard Time  
January 12, Anchorage, Alaska

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/>

 SAVE STANDARD TIME



# SAVE STANDARD TIME

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

## 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)

Raúl Aguilar-Roblero MD PhD, Laboratory on Circadian Rhythmicity, Institute of Cellular Physiology, Mexico  
Konstantin V Danilenko MD PhD, Institute of Physiology & Basic Medicine, Novosibirsk, Russia  
Elizabeth B Klerman MD PhD, Associate Professor, Harvard Medical School, Boston, Massachusetts  
Michael T Lam MD PhD, San Diego, California  
Michael McCarthy MD PhD, Center for Circadian Biology, University of California, San Diego  
Thomas E Nordahl MD PhD, Professor Emeritus, University of California, Davis  
David K Welsh MD PhD, Professor Emeritus, University of California, San Diego  
Amir Zarrinpar MD PhD, Assistant Professor, San Diego, California  
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

Michael Antle PhD, Professor, Hotchkiss Brain Institute & University of Calgary, Alberta  
 Susanna Barry PhD, College Mental Health Counselor & Sleep Coach, Cambridge, Massachusetts  
 William Bechtel PhD, Distinguished Professor, University of California, San Diego  
 Mikhail Borisenkov PhD, Institute of Physiology, Komi Science Centre, Russian Academy of Sciences  
 Joseph Boyd PhD, Research Scientist, MilliporeSigma, Temecula, California  
 Hugo Calligaro PhD, San Diego, California  
 Oscar Castanon-Cervantes PhD, Assistant Professor, Morehouse School of Medicine, Atlanta, Georgia  
 Joanna C Chiu PhD, Vice Chair, Department of Entomology & Nematology, University of California, Davis  
 Scott Cookson PhD, Quantitative BioSciences, San Diego, California  
 Jason DeBruyne, PhD, Associate Professor, Morehouse School of Medicine, Atlanta, Georgia  
 Grant Denn PhD, Physics Department Chair, Metropolitan State University of Denver, Colorado  
 Heinz Freisling MSc PhD, Epidemiologist, International Agency for Research on Cancer, Lyon, France  
 Frederic Gachon PhD, Group Leader, Physiology of Circadian Rhythms, Institute for Molecular Bioscience  
 Susan S Golden PhD, Director, Center for Circadian Biology, University of California, San Diego  
 Marijke CM Gordijn MS PhD, Chrono@Work, University of Groningen, Netherlands  
 Bill Griesar PhD, Northwest Noggin Neuroscience Outreach Group, Portland, Oregon  
 Liz Harrison PhD, Center for Circadian Biology, University of California, San Diego  
 Dietrich Henckel PhD, Professor, Technical University of Berlin, Germany  
 Erik Herzog PhD, Professor of Biology, Washington University, St Louis, Missouri  
 Myriam Juda PhD, Researcher, Simon Fraser University, Vancouver, British Columbia  
 Achim Kramer PhD, Professor of Chronobiology, Charité – Universitätsmedizin Berlin, Germany  
 Camilla Kring PhD, Speaker, Author, & Entrepreneur, Copenhagen, Denmark  
 Katja Lamia PhD, Associate Professor of Molecular Medicine, Center for Circadian Biology, UC San Diego  
 Andy LiWang PhD, University of California, Merced  
 Travis Longcore PhD, Institute of the Environment & Sustainability, University of California, Los Angeles  
 Emily Manoogian PhD, Postdoctoral Fellow, San Diego, California  
 Peter Mansbach PhD, Bethesda, Maryland  
 Erik Maronde PhD, Scientist, Frankfurt, Germany  
 Girish Melkani MS PhD, Associated Research Professor, San Diego, California  
 Martha Meroow PhD, Professor of Chronobiology, Ludwig Maximilian University of Munich, Germany  
 Matt Metzgar PhD, Clinical Professor of Economics, University of North Carolina, Charlotte  
 Ralph Mistlberger PhD, Professor, Simon Fraser University, Vancouver, British Columbia  
 João Nunes PhD, Biochemistry Researcher, Dresden, Germany  
 Marie Paroillaud PhD, Postdoctoral Associate, Scripps Research, La Jolla, California  
 Ketema Paul, PhD, University of California, Los Angeles  
 Linda Petzold PhD, Professor, University of California, Santa Barbara  
 Frank Powell PhD, Professor of Medicine, University of California, San Diego  
 Kendall Satterfield PhD, San Diego, California  
 Dorothy D Sears PhD, San Diego, California  
 Lori L Shemek PhD, Health Expert & Bestselling Author, Dallas–Fort Worth, Texas  
 Benjamin Smarr PhD, Professor of Bioengineering & Data Science, University of California, San Diego  
 Andrea Smit PhD, Researcher, Simon Fraser University, Vancouver, British Columbia  
 Barbara Sorg PhD, Legacy Research Institute, Portland, Oregon  
 Melissa A St Hilaire PhD, Instructor, Harvard Medical School, Boston, Massachusetts  
 Andrew Steele PhD, Associate Professor of Biological Sciences, California State Polytechnic University  
 Jennifer Thomas PhD, Professor, San Diego, California  
 Gianluca Tosini PhD, Chief Scientific Research Officer, Morehouse School of Medicine, Atlanta, Georgia  
 Roger Tseng PhD, Biological Scientist, USDA, Ames, Iowa  
 Judy Village PhD CCCPE, President, Association of Canadian Ergonomists, British Columbia  
 Daniel S Whittaker PhD, Los Angeles, California  
 Anna Wirz-Justice PhD, Professor Emeritus, Centre for Chronobiology, University of Basel, Switzerland  
 Irving Zucker PhD, University of California, Berkeley  
 Mariah Baughn MD, San Diego, California  
 Steven M Croft MD FAAN, Neurologist, Houston, Texas  
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 John F Gottlieb MD, Clinical Assistant Professor of Psychiatry & Behavioral Sciences, Chicago, Illinois  
 Royan Kamyar MD, Physician, La Mesa, California  
 Jack Kruse DMD MD, Neurosurgeon, New Orleans, Louisiana  
 Beth Malow MD MS, Medical Doctor & Researcher, Brentwood, Tennessee  
 Melody T McCloud MD, Obstetrician-Gynecologist, Atlanta, Georgia  
 Tessa Sugarbaker MD MFT, San Francisco, California  
 Nathaniel F Watson MD MSc, Bainbridge Island, Washington  
 Dr Archana G Chavan, University of California, Merced  
 Dr Chelsea Gustafson, Assistant Professor, Portland, Oregon  
 Dr Paul Kelley, Milton Keynes, United Kingdom  
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**From:** Lisa Alexia

**Sent:** Saturday, March 12, 2022 10:22 PM

**To:** Rep. Daniel Ortiz <[Rep.Daniel.Ortiz@akleg.gov](mailto:Rep.Daniel.Ortiz@akleg.gov)>; Rep. James Kaufman <[Rep.James.Kaufman@akleg.gov](mailto:Rep.James.Kaufman@akleg.gov)>; Rep. DeLena Johnson <[Rep.DeLena.Johnson@akleg.gov](mailto:Rep.DeLena.Johnson@akleg.gov)>

**Subject:** Request amendment to HB 31 (oppose)

Hello,

As a psychiatric physician assistant who provides health care in rural Alaska as well as Anchorage, I write with professional, academic, and personal knowledge of the impact that Alaska's long dark mornings have on human health, mental health, and safety. I respectfully request that you reconsider your approach to eliminating the clock change and advocate instead for permanent Standard Time. Eliminating the clock change is important—we can agree on that—but please understand that making DST permanent would worsen the quality of life and health outcomes for a majority of Alaskans.

Permanent Daylight Saving Time is federally prohibited. It would delay Juneau sunrise to 9:46am (past 8am 4.1 months), Anchorage sunrise to 11:15am (past 8am 5.7 months). On St. Paul Island, sunrise on winter solstice would not take place until nearly noon! This may not seem like a big deal in Eastern Alaska, but as someone who has worked in Western Alaskan communities, and Anchorage, (where most of our state population resides), I can tell you that the delayed clock time is a big problem. Long dark mornings for much of the year, and extended evening light in the spring, wreak havoc on schoolchildren and entire communities who struggle with getting enough sleep when they must convince children to go to bed early in April in May when it is light late, and to wake hours before dawn for most of the school year—not because they are far north, but because of the displacement of the civil clock from true sun time. Alaska lost most of its time zones in the 80s and this has disproportionately affected the health and safety of Western Alaska (including Anchorage and Fairbanks). HB 31 would worsen an already difficult situation. Permanent DST would force earlier waking relative to sunrise, further misalign clocks from circadian rhythms during the winter when Alaskans most need morning light, and chronically deprive sleep.

For Alaska in particular, our high rates of cancer, diabetes, unintentional injury, suicide, homicide read like a treatise on all the harms of displaced circadian rhythms and the sleep deprivation it causes. If Alaska were to implement to permanent Standard Time, we might finally make some headway on improving some of these public health issues. But if HB31 were to pass and the state went to permanent DST, these public health problems (for which AK is already notorious in the nation and the world) will worsen.

Permanent DST has failed before with loss of life. The National Education Association, National School Boards Association, National Safety Council, National PTA, American College of Occupational & Environmental Medicine, American Academy of Sleep Medicine, Society for Research on Biological Rhythms, The American College of Chest Physicians, and many others urge permanent Standard Time as best for health, safety, and prosperity. Please consider amending this bill to advocate for permanent Standard Time.

Eliminating the clock change can happen at a state level by eliminating DST completely and just remaining on standard time. Arizona and Hawaii do this. It's time Alaska does the same. Eliminating the clock change to convert to DST actually would take longer because you will be waiting for federal action.

For more details on the importance of making Alaska Standard Time permanent, here is a link to a commentary I wrote about this issue a couple of years ago:

<https://www.adn.com/opinions/2020/02/21/make-alaska-standard-time-permanent/>

If I can be of further information or assistance, I would be happy to do so.

Thank you,  
Lisa Alexia, PA-C, CAQ Psychiatry