

SB 184

Permanent Standard Time



History of Daylight-Saving Time (DST)

- ✧ Germany was first country to implement DST in 1916
 - ✧ US followed suit but repealed DST a year later
- ✧ During WWI and WWII many countries temporarily implemented DST
- ✧ By 1965, time zones were erratic across the US
- ✧ Extra hour of daylight reduced energy usage of electric lighting and heating
- ✧ Almost all non-Western countries have since moved to standard time

Negative Effects of Changing Clocks

- ✧ Shifting sleeping hours twice a year disrupts circadian rhythm
- ✧ Reduces cerebrovascular and cardiovascular health
- ✧ Increases traffic accidents and workplace injuries
- ✧ Increases substance abuse and mental health disorders
- ✧ Circadian Misalignment
- ✧ American Economic Association estimates social cost of \$275 million annually



Daylight Saving Time vs Standard Time

Daylight Saving Time

- ☀ 1974 Energy Crisis

 - ☀ 79% approval -> 42% approval

- ☀ Energy is no longer saved

 - ☀ Incandescent Lights

- ☀ Federal Law

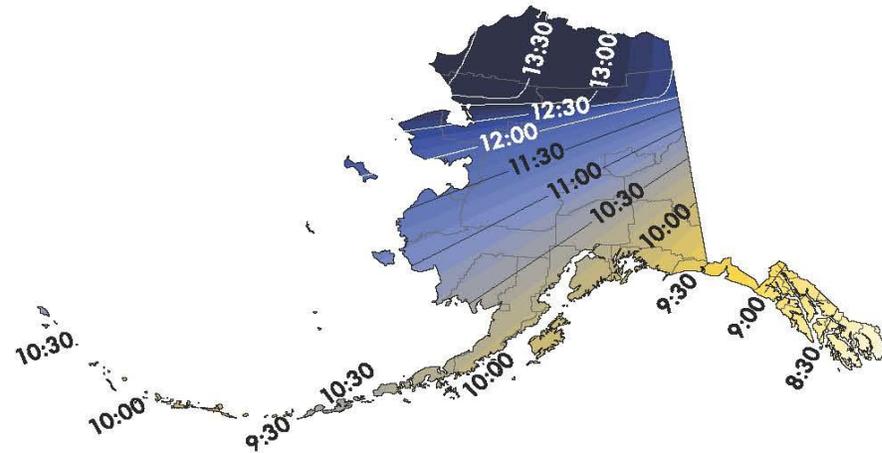
 - ☀ Arizona, Hawaii, 5 US Territories

Standard Time

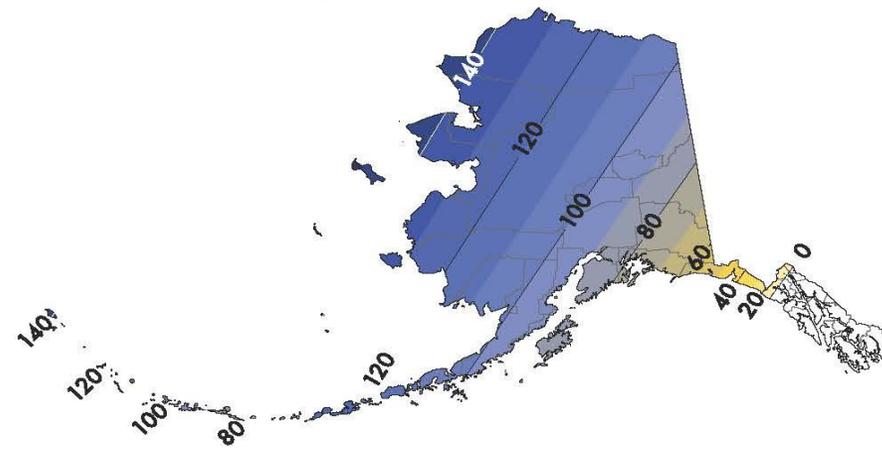
- ☀ More light in the morning improves physical and mental health
- ☀ Metabolic disorders, depression, cardiovascular disease risk decrease
- ☀ Permanent Standard Time is supported by many groups
 - ☀ American Academy of Sleep Medicine
 - ☀ European Sleep Research Society
 - ☀ Centre for Economic Policy Research
- ☀ Doesn't require congressional amendments

PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises

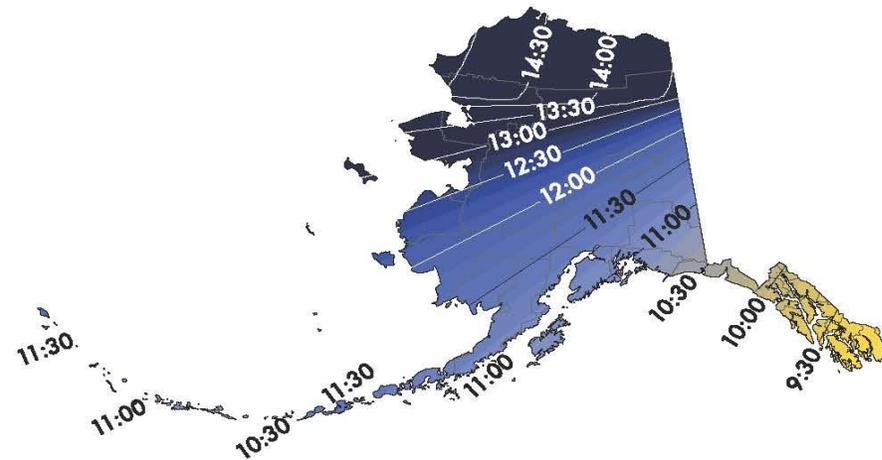


Days with Post-9am Sunrise

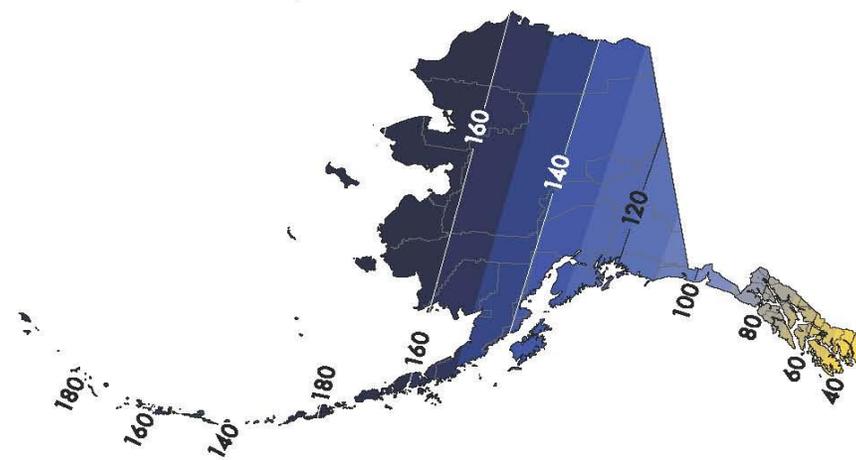


PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

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.



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.

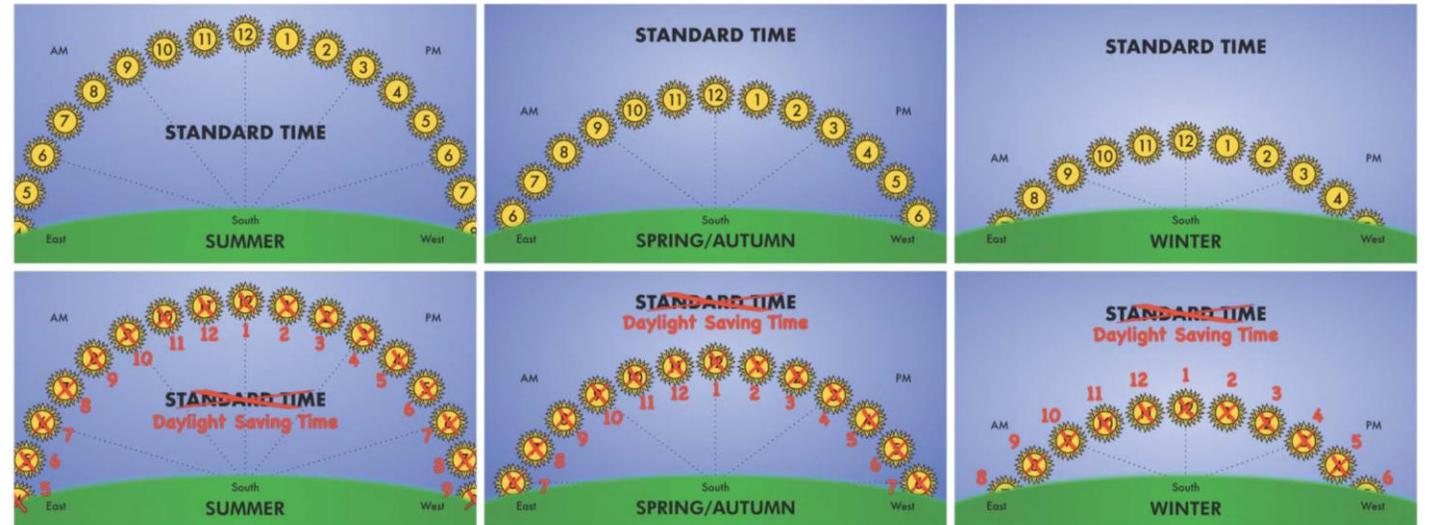


SAVE STANDARD TIME

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/>

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STANDARD TIME ALIGNS TO THE SUN • DAYLIGHT SAVING TIME FORCES EARLIER WAKING



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A stylized landscape illustration with a large white sun, rolling hills, and evergreen trees. The scene is set against a warm, golden-yellow background. The sun is a large, bright white circle on the left side. Below it, there are rolling hills in shades of brown and orange. In the foreground, there are several evergreen trees in dark green and black. The overall style is flat and minimalist.

THANK YOU
Any Questions?