



SAVE STANDARD TIME

2024 February 29

The Alaska State Legislature
Juneau, Alaska

Re: **Yes on SB 184 (Kawasaki)** – Quickest, healthiest, safest way to end disruptive clock changes.

Dear Honorable Legislators,

Please support SB 184, permanent Standard Time (**natural time**), for the health, mood, safety, education, and economy of schoolchildren, commuters, farmers, construction workers, and more. Daylight Saving Time (**fast time**), costs lives and money, and permanent DST would cost more (which is why it is federally prohibited).

Scores of organizations and hundreds of researchers, physicians, teachers, parents, religious leaders, and journalists on the left and right oppose DST and endorse permanent Standard Time. Among these are the **American Medical Association**, American Academy of Neurology, American College of Chest Physicians, **National Safety Council**, **American Academy of Sleep Medicine**, National Parent–Teacher Association, American College of Occupational & Environmental Medicine, Start School Later, **Canadian Sleep Society**, Association of Canadian Ergonomists, editorial boards of *Bloomberg*, *Star Tribune*, *Oregonian*, *Sun Sentinel*, writers from *Cato*, *Daily Wire*, *Breaking Points*, and many more.

Permanent Standard Time is approved by the Uniform Time Act; it **can end clock change quickly**, as most voters wish. It can do so **without delaying sunrise**, for well-being and prosperity. Permanent Standard Time has been observed for decades in **Arizona, Hawaii**, all five US territories, and most nations. Most of **Mexico** restored permanent Standard Time in late 2022, and more American states have permanent Standard Time bills than ever before. Permanent Standard Time would protect start times for **schoolchildren** and **essential workers** (farmers, police, firefighters, commercial drivers, transit operators, healthcare personnel, teachers) by letting most sleep naturally past sunrise most days. Its benefits to circadian health would improve immunity, longevity, **mood**, alertness, and performance in **school, sports, and work**. It can **prevent traffic deaths, lower crime, and reduce chronic illnesses**. Standard Time is the natural clock, **set to the sun** (also known for this reason as **God's time**).

Permanent DST instead is prohibited by the Uniform Time Act; it **cannot end clock change quickly**. It would **delay sunrise** in Anchorage past **9am more than four months**, to **11:16am**. It increased **deaths and injuries**, especially of children, when last attempted in the US. It would force constituents to wake an hour early relative to solar time every weekday all winter. **Americans rejected permanent DST** in 1974, and it failed in several other years and places. It would deprive morning light needed by **farmers, construction workers**, and other outdoor laborers. It would revert benefits of starting school later. It would **delay radio broadcasts** of morning news until most people have begun work. It would increase need for **morning heat and evening air conditioning** in homes. It would disrupt worship for those who pray daily at sunrise. Moving clocks to DST acutely deprives sleep; leaving clocks on DST **chronically deprives sleep**. DST's delayed sunrise significantly increases accidents, disease, and healthcare costs. It significantly decreases **learning, productivity, and earnings**.

Please hear the nonpartisan consensus of history and science. Save time, money, and lives. Please **support SB 184** to ditch DST and restore permanent Standard Time quickly and safely.

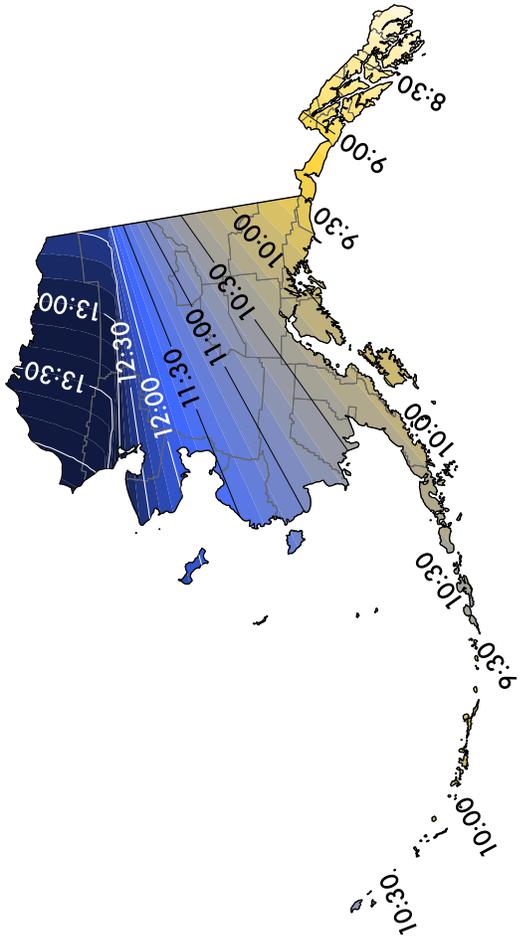
Sincerely,

Jay Pea
President

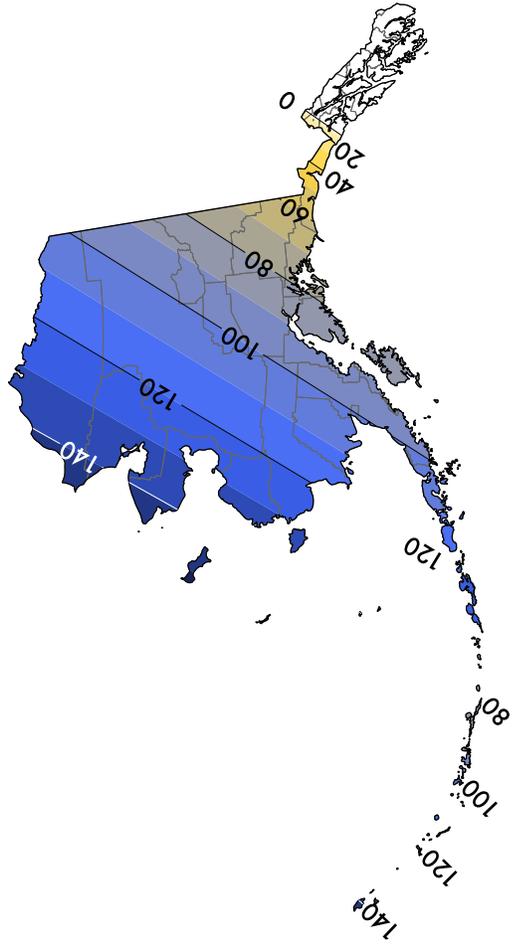
jay@savestandardtime.com

PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises

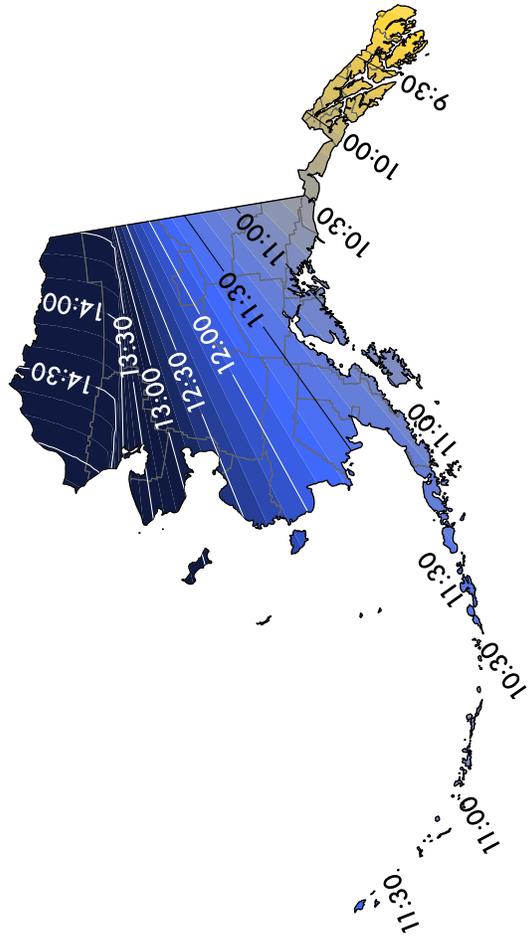


Days with Post-9am Sunrise

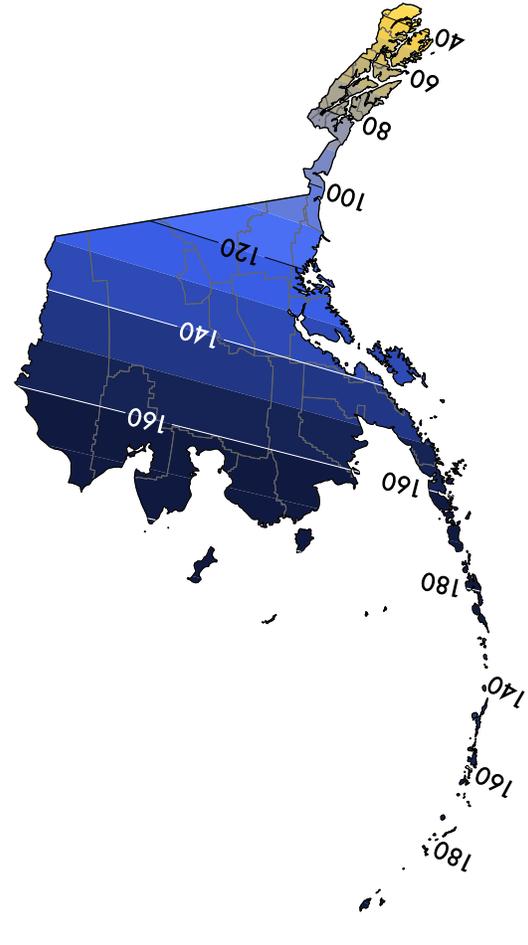


PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

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.

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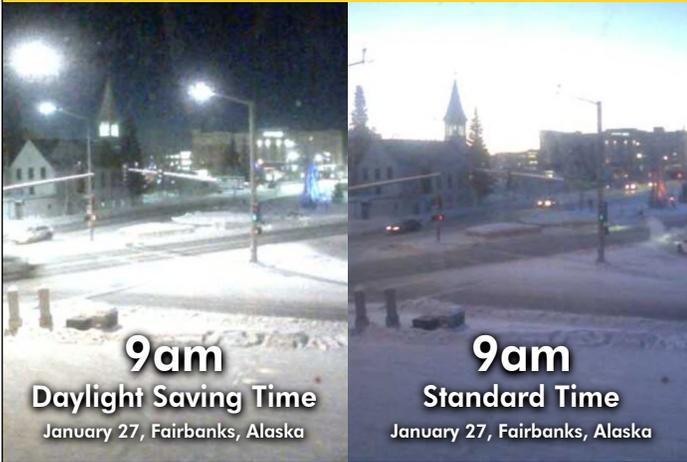
PO BOX 18170, FOUNTAIN HILLS AZ 85269
501(C)(4) NONPROFIT 86-3372799



YES ON SB 184

Most work/school starts at 8am.

How would you rather start your day half the year?



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



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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/>

“When year-round Daylight Saving Time was tried [in the US], it was a disaster. Similarly Britain and Russia tried and rejected it due to morning darkness.

It is simpler, safer, and healthier to make Standard Time permanent.

[It] can be done without Congress. It is endorsed by circadian scientists.

It has already been enacted by Arizona and Hawaii.

It will have far-reaching public health benefits as other states follow suit.”

Lisa Alexia PA-C, Psychiatric & Rural Primary Care Physician Assistant, Alaska

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

“Permanent Standard Time is the healthier, more natural choice...

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

Sleep becomes disrupted, less efficient, and shortened...

[We] must move away from DST and toward Standard Time because we thrive when living in harmony with the natural world.”

Nathaniel F Watson MD MSc, Washington

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

“Daylight Saving Time has effects on rates of heart attacks, motor vehicle accidents, and other incidents...

“Daylight Saving Time makes everything worse for no good reason.”

Margit Burmeister PhD

Neuroscientist & Geneticist, University of Michigan

<https://labblog.uofmhealth.org/body-work/springing-forward-affects-early-birds-less-than-night-owls-study-finds>

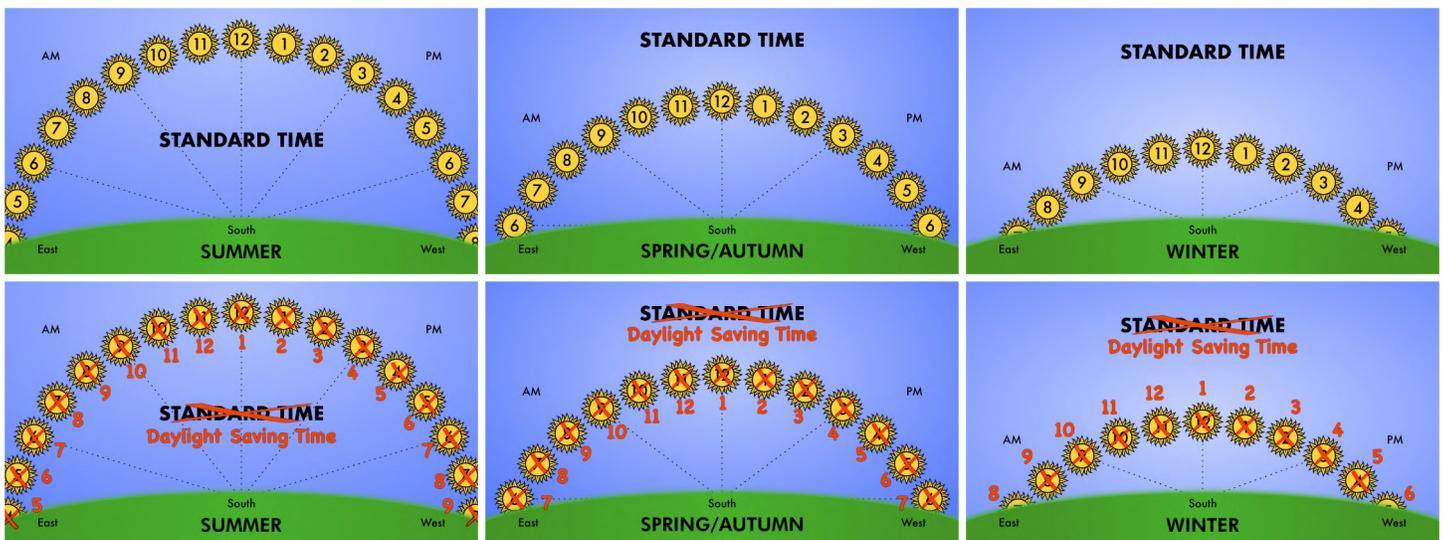
“Permanent Standard Time is best aligned with human circadian biology and has the potential to produce beneficial effects for public health and safety.”

American Academy of Sleep Medicine

Representing 11,000 accredited member sleep centers and individual members, including physicians, scientists, and other health care professionals.

<https://jcsn.aasm.org/doi/10.5664/jcsn.8780>

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





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
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 Society
Canadian Society for Chronobiology
Capitol Neurology
Dakota Sleep Society
Hampden District Medical Society

Indiana State Medical Association
Kentucky Sleep Society
Kimmey Lab
Massachusetts Medical Society
Michigan Academy of Sleep Medicine
Missouri Sleep Society
Montana Sleep Society
National Sleep Foundation
Northwest Noggin Neuroscience
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
Solaris Fatigue Management
USA Weather, Dallas–Fort Worth, Texas

News Editorial Boards

Bloomberg Opinion
The Daytona Beach News–Journal
Minneapolis Star Tribune

The Oregonian
South Florida Sun Sentinel

General

Adath Israel San Francisco
Agudath Israel of America
Agudath Israel of California
Agudath Israel of Maryland
California Islamic University
Campaign to Opt Out of Daylight Saving Time in Texas
Coalition for Permanent Standard Time
Cuyahoga Astronomical Association

Gulf Coast Fabrian
International Alliance for Natural Time
Ohio Bicycle Federation
Rabbinical Council of America
Rabbinical Council of California
Stephens Memorial Observatory
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	Permanent Standard 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.

Permanent Standard Time Is Federally Approved

Permanent Daylight Saving Time Is Federally Prohibited

Any state can restore permanent Standard Time by self-exemption from DST. Arizona, Hawaii, and all five territories observe permanent Standard Time. More states than ever are now considering permanent Standard Time. As with all state legislation, the effective date of DST exemption can be contingent on neighboring states passing equivalent legislation, if desired. Permanent DST when tried has increased deaths and disrupted business. Permanent Standard Time is the quickest, safest way to end clock change.

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>





End the Switch and Support **PERMANENT STANDARD TIME**

Every year, we make the switch between standard time and daylight saving time (DST) when we “fall back” to standard time in November and “spring forward” to DST in March. This annual switch is quite simply not good for our health. [Data clearly shows](#) that the **abrupt change from standard time to DST in March is associated with significant public health and safety risks**, including increased risk of adverse cardiovascular events, mood disorders, and motor vehicle crashes.

It's critical that we enact legislation to get rid of the switch between standard time and DST. **However, permanent DST is not the answer. Instead, we should move to permanent standard time.** [Current evidence](#) supports the adoption of year-round standard time, which aligns best with human circadian biology and provides distinct benefits for public health and safety. This position is shared by more than 20 medical, scientific, and civic organizations, including the American Academy of Sleep Medicine, American Academy of Neurology, American College of Chest Physicians, American College of Occupational and Environmental Medicine, National PTA, National Safety Council, Society for Research on Biological Rhythms, and World Sleep Society.

DST has been shown to lead to chronic sleep deprivation amongst adults and adolescents. [Research has found](#) that adolescents get less sleep and had longer reaction times, increased lapses in vigilance, and increased daytime sleepiness following the switch to DST. These effects are especially pronounced in children with autism who are especially susceptible to chronic sleep issues. Permanent standard time is the best option for health.

DST also leads to circadian misalignment - a mismatch in the timing between our biological clocks and our work, school, and sleep routines. This misalignment happens

when we are waking up in the dark to go to work or school or getting late evening light that can adversely affect the body's ability to fall asleep by suppressing melatonin. Circadian misalignment has been correlated with detrimental health effects, including cancer, cardiovascular disease, Type 2 diabetes, and neurodegenerative disease.

Congress previously enacted legislation to make DST permanent and repealed it less than a year later. During the 1974 energy crisis, permanent DST was thought to save energy by decreasing the need for electric lighting in the evening. However, energy savings from DST appear negligible, as air conditioning needs often increase in the late afternoon in the summer and heating needs often increase in the morning in the winter. In addition, the dark mornings were very unpopular, with sunrise arriving in DC and New York around 8:30am and not until around 9am in Detroit and Indianapolis. Moreover, a number of children were fatally struck by cars as they made their way to school in the dark. Permanent DST was repealed by Congress less than a year after its implementation. The House vote to end permanent DST was 383-16 and the Senate agreed in a voice vote.

AASM supports elimination of seasonal time changes in favor of a fixed, national, year-round standard time, which aligns best with human circadian biology and provides distinct benefits for public health and safety. For additional information contact Eric Albrecht at ealbrecht@aasm.org or AASM Washington Representatives Amy Kelbick at akelbick@mcdermottplus.com.