



# SAVE STANDARD TIME

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

2023 May 23

Senate Committee on Rules  
Oregon State Legislature  
Salem, Oregon

Re: **Yes on SB 1090-2** – Permanent Standard Time is best for health, safety, prosperity.

Dear Honorable Senators,

Please support SB 1090-2 (and HB 3102), exemption from Daylight Saving Time (DST, false time) and restoration of permanent Standard Time (**natural time**). Permanent Standard Time is **federally approved** and **widely endorsed** for health, safety, education, economy, and civil liberties of schoolchildren, essential workers, and commuters.

Scores of organizations—representing millions of researchers, physicians, teachers, parents, journalists, and community leaders—oppose DST and endorse permanent Standard Time. Among these are Northwest Noggin Neuroscience, **American Medical Association**, American Academy of Neurology, American College of Chest Physicians, **National Safety Council**, American Academy of Sleep Medicine, **National PTA**, American College of Occupational & Environmental Medicine, Start School Later, Canadian Sleep Society, Association of Canadian Ergonomists, editorial boards of *The Oregonian*, *Bloomberg*, *Star Tribune*, *Sun Sentinel*, writers from *Cato*, *Daily Wire*, *Breaking Points*, and many more.<sup>[AASM][AMA][Bloomberg][CSS][Enjeti][Lincicome][Meads][Oregonian][SRBR][Star Tribune][Sun Sentinel]</sup>

Permanent Standard Time is federally approved by the Uniform Time Act (15 USC §260a); it **can end clock change quickly**, as most voters wish. It would also keep sunrise in most of Oregon before 8am (when most school/work begins)<sup>[CDC][Silver]</sup> for health, safety, 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 last year, and more 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 dawn year-round.<sup>[Borisenkov][Cell][Schlanger][Skeldon]</sup> 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**.<sup>[AASM][Juda][SRBR]</sup> Standard Time is the natural clock, set to the sun.

Other legislation has sought permanent DST, but that is prohibited by the Uniform Time Act; it cannot end clock change quickly. It would also delay sunrise past 8am for four months (to 9am) in western Oregon, and past 8am for five months (to 9:30am) in eastern

Oregon. Permanent DST increased deaths and injuries, especially of children, when last attempted in the US.<sup>[Ripley][Sehstedt]</sup> 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 has failed in several other years and places.<sup>[BBC][Congress][Ripley][Yorkshire]</sup> Permanent DST would deprive morning light needed by **farmers, construction workers,** and other outdoor laborers.<sup>[Schlanger]</sup> It would revert benefits of starting school later.<sup>[Cell][Skeldon]</sup> It would delay **radio broadcasts** of morning news until most people have begun work.<sup>[Stine]</sup> It would increase need for **morning heat** and **evening air conditioning** in homes.<sup>[Kotchen]</sup> It would disrupt worship for those who pray daily at sunrise.<sup>[Agudath]</sup> Moving clocks to DST acutely deprives sleep; leaving clocks on DST chronically deprives sleep (average 19 minutes nightly).<sup>[Giuntella][Roenneberg]</sup> DST's delayed sunrise significantly increases accidents, disease (cancer up 12–36%), and healthcare costs. It significantly decreases **learning, productivity, and earnings** (wages down 3–5%).<sup>[Gibson][Giuntella][Gu][Roenneberg]</sup>

Please hear the nonpartisan consensus of history and science. Save time, money, and lives. Please **support SB 1090-2** (and HB 3102). Exempt Oregon from DST and restore permanent Standard Time.

Sincerely,



Jay Pea  
President

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# Yes on SB 1090-2 & HB 3102

## End Daylight Saving Time Now – Restore Permanent Standard Time

**“We would do well to end the shift,  
but settle on Standard Time.**

The overall health and safety implications of permanent Daylight Saving Time are too great to ignore.”

**David Wagner PhD**

Head, Department of Management,  
Lundquist College of Business, University of Oregon

<https://business.uoregon.edu/news/sleep-health-changing-of-the-clock>

 SAVE STANDARD TIME

**“Oregonians should contact their legislators,  
urge them to remain in Standard Time.**

[Permanent Daylight Saving Time’s] marginal benefit of an extra hour of light during a limited number of summer evenings is not worth spending nearly a third of the year’s mornings in darkness.”

**The Oregonian Editorial Board**

<https://www.oregonlive.com/opinion/2022/03/editorial-a-wake-up-call-to-ditch-daylight-saving-time.html>

 SAVE STANDARD TIME

**“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/>

 SAVE STANDARD TIME

**“Standard Time helps you  
feel more energetic.**

It makes it easier to wake. It makes you perform better in school and work. You sleep longer and better. Standard Time is our real time... “If we stayed in artificial time [permanent Daylight Saving Time], we’d be forced to operate on an extremely early time for biological clocks.”

**Horacio de la Iglesia PhD, University of Washington**

<https://www.youtube.com/watch?v=Q2iO6WNE4yg>

 SAVE STANDARD TIME

**“Eliminating Daylight Saving  
would result in fewer cases of  
seasonal affective disorder.”**

**Michael T Ingram Jr MD**

Board-Certified Psychiatrist, Los Angeles

<https://news.ucr.edu/articles/2022/03/29/experts-urge-reconsideration-standard-time-keeping>

 SAVE STANDARD TIME

**“Permanent Standard Time is  
the only fair, viable option...**

“Permanent Daylight Saving could create real health/safety issues. Humans require adequate morning light so that our internal biological rhythms synchronize properly to local time. Lack leads to metabolic disorders, depression, cardiovascular disease...”

**Chancellor Gene Block PhD, UCLA  
Prof Johanna Meijer PhD, Leiden University**

<https://newsroom.ucla.edu/stories/who-wants-to-go-to-work-in-the-dark>

 SAVE STANDARD TIME

**“Daylight Saving Time is anti-family...**

“Dark mornings caused by DST endanger millions of children forced to wait for the school bus before sunrise... DST’s dark mornings and bright evenings make it harder for parents to get their kids up for school or to bed at night—decreasing children’s sleep quality and increasing family strife.”

**Scott Lincicome, Economics Director, Cato Institute**

<https://thedispatch.com/newsletter/capitolism/enddst/>

 SAVE STANDARD TIME

**“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>

 SAVE STANDARD TIME



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	Permanent Daylight Saving Time	Permanent Standard Time
<b>Morning Sunlight</b>	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.
<b>Circadian Alignment</b>	Misaligns clocks from circadian rhythms.	Aligns clocks to circadian rhythms.
<b>Sleep Health</b>	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.
<b>Mental &amp; Physical Health</b>	Increases depression, substance abuse, obesity, high blood pressure, stroke, heart disease, diabetes, and cancer.	Improves mood, neurology, stress resilience, weight, heart health, immunity, and longevity.
<b>Safety &amp; Crime</b>	Increases accidents and injury recovery times.	Improves alertness and decision-making.
<b>Education &amp; Economy</b>	Impairs school performance. Decreases workplace productivity and wages.	Improves school performance. Increases workplace productivity and wages.
<b>Farmers &amp; Other Essential Workers</b>	Shortens morning light needed for outdoor labor and all-day alertness.	Preserves morning light needed for outdoor labor and all-day alertness.
<b>Energy &amp; Environment</b>	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.
<b>Radio Broadcasts</b>	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.
<b>Civil Liberties</b>	Overlaps work hours with morning prayer times of observant Jews and Muslims.	Respects natural balance of morning and evening sunlight to permit morning prayer.
<b>Federal Law</b>	Prohibited by the Uniform Time Act (15 USC §260a).	Approved for states by the Uniform Time Act (15 USC §260a).
<b>Lasting Public Support</b>	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.



# SAVE STANDARD TIME

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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. This list is non-comprehensive.

### Health

Alabama Board of Med Examiners/Licensure Commission	American Academy of Cardiovascular Sleep
American Academy of Dental Sleep Medicine	American Academy of Neurology
American Academy of Sleep Medicine	American Association of Public Health Physicians
American College of Chest Physicians	American 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
Massachusetts Medical Society	Michigan Academy of Sleep Medicine
Missouri 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 PTA
Florida PTA	League of Women Voters of Delaware County
Maryland Association of Boards of Education	National PTA
Regional Adolescent Sleep Needs Coalition	Start School Later

### Safety & Labor

American College of Occupation & Environment	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

<i>Bloomberg Opinion</i>	<i>The Daytona Beach News–Journal</i>
<i>Minneapolis Star Tribune</i>	<i>The Oregonian</i>
<i>South Florida Sun Sentinel</i>	

### Religious Rights

Adath Israel San Francisco	Agudath Israel of America
Agudath Israel of California	Agudath Israel of Chicago
Agudath Israel of Florida	Agudath Israel of Maryland
California Islamic University	Rabbinical Council of America
Rabbinical Council of California	

## Doctors

Raúl Aguilar-Roblero MD PhD, Mexico  
Shimon Amir PhD, Montreal, Quebec  
Michael Antle PhD, Calgary, Alberta  
Mariah Baughn MD, San Diego, California  
Joseph Boyd PhD, Temecula, California  
Hugo Calligaro PhD, San Diego, California  
Jonathan Charest PhD, Calgary, Alberta  
Joanna C Chiu PhD, Davis, California  
Steven M Croft MD FAAN, Houston, Texas  
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Grant Denn PhD, Colorado  
Mona Ezzat MD, San Diego, California  
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John F Gottlieb MD, Chicago, Illinois  
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Roger Tseng PhD, Ames, Iowa  
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Individuals represent personal views in endorsement of permanent Standard Time policy; they do not endorse as representatives of their employers.





# Editorial: A wake-up call to ditch Daylight Saving Time

Published: Mar. 23, 2022, 6:15 a.m.

By [The Oregonian Editorial Board](#)

Maybe it was residual grogginess induced by losing an hour of sleep with the start of Daylight Saving Time last week. But the U.S. Senate, in a rare bout of unanimity, voted to make Daylight Saving Time permanent starting in November 2023. The question now goes to the U.S. House of Representatives to consider.

Hopefully, representatives will be more clear-minded than their Senate counterparts when they take it up. Because the bill should either be significantly changed or ditched altogether. A mountain of research shows [the detrimental health effects](#) of forcing our bodies to operate out of sync with the sun, including less overall sleep and increased risk of heart disease. For Oregonians, keeping our clocks set to Daylight Saving Time year-round would mean sunrise would not occur before 8 a.m. for 106 days each year, as [The Oregonian/OregonLive's Kristine de Leon](#) reported. While this has huge implications for all, it's especially concerning for children who would have to wake up and get to school in the dark. When the U.S. briefly adopted year-round Daylight Saving Time in the 1970s, the automobile-caused deaths of eight children in Florida as they headed to school in the dark prompted the governor at the [time to seek a reversal](#). Remember that's Florida – which sees more sunlight than the southernmost city in Oregon does from [late September](#) to [mid March](#).

Certainly, there's wisdom in doing away with the switch to Daylight Saving Time in March and back to Standard Time in November that most states observe. Both Oregon Sens. Ron Wyden and Jeff Merkley noted the desire to end the back-and-forth time changes that wreak temporary but certain havoc on people's lives in their decision to back the Sunshine Protection Act. And as Wyden's spokesman noted, the federal bill expressly gives states the ability to opt out of Daylight Saving Time, allowing it to remain on Standard Time year-round instead.

But that exposes another problem – and a lack of foresight by legislators. Oregon legislators in 2019 passed [Senate Bill 320](#) to make Daylight Saving Time permanent everywhere but in Malheur County, which operates in the Mountain time zone. The bill, which had a baffling mix of Democrats and Republicans on both sides, was signed into law by Gov. Kate Brown. The reason it hasn't already taken effect? Making the change permanent needs approval by Congress, something that may now be happening.

The Senate's passage of the Sunshine Protection Act should be – yes, we'll say it – a wake-up call. Oregonians should read the [position statement](#) from the American Academy of Sleep Medicine calling for an end to Daylight Saving Time. They can check out [this op-ed by Portlander Kindra Crick](#) from two years ago, when Oregon legislators first passed SB 320, that includes links to multiple research papers on the negative effects of Daylight Saving Time. They can read [de Leon's story detailing](#) just how many days that Oregonians would start their days in the dark and what little sunlight that buys us.

And then Oregonians should focus their energy on contacting their representatives in the U.S. House and their legislators in Salem. They should urge them to stop such an irrational change at the federal level and, failing that, make sure that Oregon reverses SB 320 and seeks an exemption to remain in Standard Time. The marginal benefit of an extra hour of light during a limited number of summer evenings is not worth the tradeoff of spending nearly a third of the year's mornings in darkness.

*-The Oregonian/OregonLive Editorial Board*



## *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](mailto:ealbrecht@aasm.org) or AASM Washington Representatives Amy Kelbick at [akelbick@mcdermottplus.com](mailto:akelbick@mcdermottplus.com).



## AMA calls for permanent standard time

NOV 15, 2022

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HONOLULU – At its Interim Meeting, the American Medical Association (AMA) House of Delegates on Monday supported ending daylight saving time and move permanently to standard time.

The American Academy of Sleep Medicine and others pointed to the potential health benefits of the move.

“For far too long, we’ve changed our clocks in pursuit of daylight, while incurring public health and safety risks in the process. Committing to standard time has health benefits and allows us to end the biannual tug of war between our biological and alarm clocks,” said AMA Trustee Alexander Ding, M.D., M.A, MBA.

Although the chronic effects of remaining year-round in daylight saving time (which shifts daylight hours later in the evening) have not been well studied, sleep experts say that standard time (which shifts daylight hours earlier in the morning) aligns best with human circadian biology. Data show that the sudden change from standard time to daylight saving time in March is associated with significant public health and safety risks, including increased risk of adverse cardiovascular events, mood disorders, and motor vehicle crashes. Some studies suggest that the body clock does not adjust to daylight saving time even after a few months.

This year, the U.S. Senate passed a bill to establish permanent daylight saving time, but there is a lot of daylight between that version and the AMA-endorsed approach. The House has not taken up a bill on the issue. Twenty states have endorsed year-round daylight saving time, but Congress must act for the changes to take effect.

“Eliminating the time changes in March and November would be a welcome change. But research shows permanent daylight saving time overlooks potential health risks that can be avoided by establishing permanent standard time instead,” Ding said. “Sleep experts are alarmed. Issues other than patient health are driving this debate. It’s time that we wake up to the health implications of clock setting.”

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## Mexico falls back but won't spring forward as summer time abolished

Congress votes to scrap daylight saving and just keep standard time, meaning end to changing clocks twice a year

**Lillian Perlmutter** *in Mexico City*

Thu 27 Oct 2022 05.30 EDT

**P**edro López, an office worker in the Mexican state of Veracruz, gets up before dawn, and drives in the moonlight an hour and a half to his job. “Leaving my house in the dark every single day and driving under the moon is horrible, especially in a landscape as beautiful as Veracruz,” he said.

But, for half a year at least, he'll be driving in the sunlight. [Mexico's](#) congress voted on Wednesday to abolish summer time, and when Mexicans set their clocks back this weekend, it will be for the last time. In March, they will not be turned forward.

López is among the 40% of Mexicans who recent polls suggest support the change; 35% oppose the shift. “I assume it depends on what kind of work schedule you have, but I think for the majority of us in the middle class, returning to God's schedule will be magnificent,” López said. (In the winter months, shorter days mean he'll still have to make his commute in the dark.)

Mexico is just the latest in a string of countries, states and territories [contemplating an end to the annual round](#) of “spring forward, fall back”.

One study, published by the National Autonomous University of [Mexico](#), found that summer time only saved the country 0.16% in energy costs per year, and led to various negative side effects among the population, such as difficulty paying attention at work and school.

While American summer time, called daylight saving time, runs from March to November, Mexico has held summer time from March to October since 1996. This creates an odd purgatory for several weeks every six months when Mexico City does not align with the Central Time Zone.

The outliers to Mexico's schedule are the northern state of Sonora, which follows Arizona's specific schedule, and Quintana Roo, which keeps American daylight saving time to ease the experience of tourists at Cancun resorts. These states will continue their current practices under the new law.

Adding another element of confusion into the new regulations, large cities that border the United States, such as Juárez, Tijuana and Mexicali, will continue to use American daylight saving time to ease commerce. Driving just several kilometers outside the city will set the clocks back an hour for half the year.

Martha García, a massage therapist in Nuevo Laredo, one of the affected cities, said the exception makes sense, despite the inconvenient divide between urban and rural areas. “Of course it will affect us, keeping a different time than the interior of the country, but it's important to understand that our everyday lives and work are already more connected to the United States.”

Bety Beza, an administrative worker in Monterrey, Nuevo León, said she thought summer time brought zero advantages with its promise of more light. “It only made it so I had to wake up even earlier to work. The new law won't just affect my life, it will benefit my life,” she said.