



SAVE STANDARD TIME

From the desk of Kevin Thatcher

	Permanent Daylight Saving Time (Fast Time)	Permanent Standard Time (Natural 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.



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2024 February 18

Oregon State Senate
Oregon State Legislature
Salem, Oregon

Re: **Yes on SB 1548** – Quickest, healthiest way to end disruptive (sometimes deadly) clock changes.

Dear Honorable Senators,

Please support SB 1548, 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 **NW Noggin Neuroscience** (in Portland), the 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 *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 (including **California, Idaho**, and more). 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** past **8am** (when most school/work begins) for **three to four months**, to nearly **9am**, in most of the state. 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. **Oregon 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 1548** to ditch DST and restore permanent Standard Time in a matter of mere months.

Sincerely,

Jay Pea
President

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