

YES ON SB 1548

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.

SAVE STANDARD TIME

8:00am average school start in the US. CDC, US ED, SASS, 2015. <http://www.ed.gov/nmwp/press/nmwhl/mn6430a1.htm>
7:55am median work arrival in the US. B30, ACS, SCB, 2014. <https://livelatryeignt.com/features/which-cities-sleep-n-ard-which-go-to-work-early/>

“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>

“Permanent Standard Time is good for kids.
We need to support legislation that puts the health of adolescents over corporate political influence. Permanent Standard Time, not permanent Daylight ‘Saving’ Time, is best for all of our brains.”

Bill Griesar PhD
Northwest Noggin Neuroscience, Oregon
<https://nwnoggin.org/2022/12/12/hey-vancouver-let-kids-sleep/>

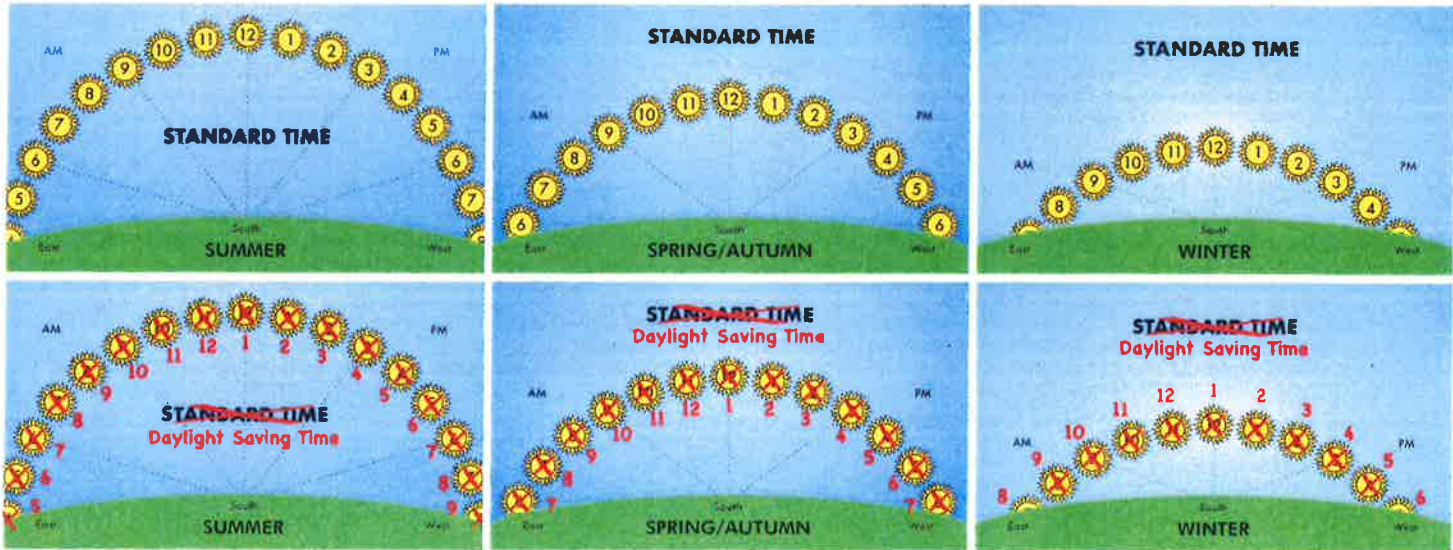
“Oregon should remain in Standard Time.
[Permanent Daylight Saving Time’s] marginal benefit of an extra hour of light during a limited number of summer evenings is not worth spending nearly a third of the year’s mornings in darkness.”

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

“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...”

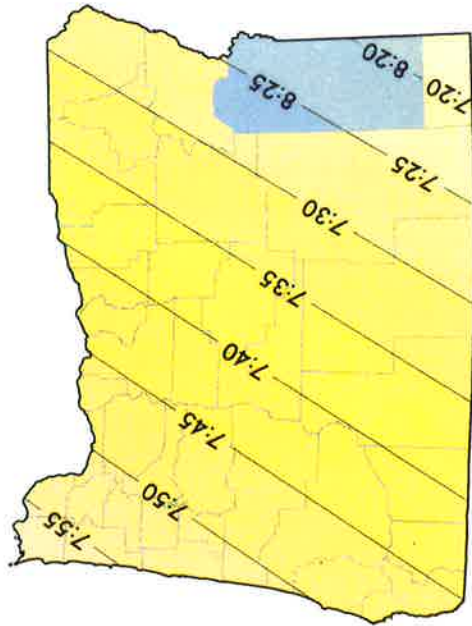
Chancellor Gene Block PhD, UCLA
<https://newsroom.ucla.edu/stories/who-wants-to-go-to-work-in-the-dark/>

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



PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises

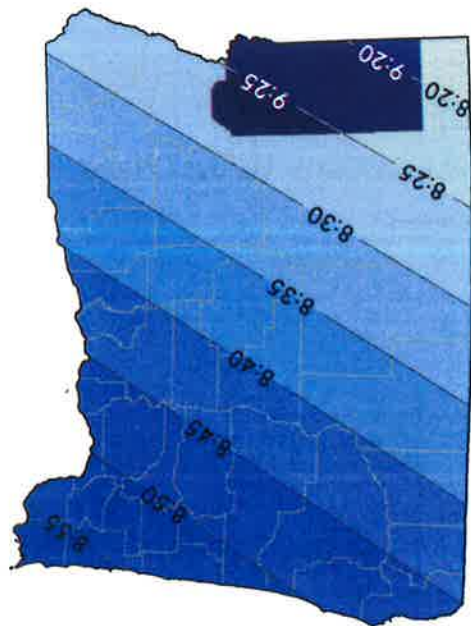


Days with Post-8am Sunrise

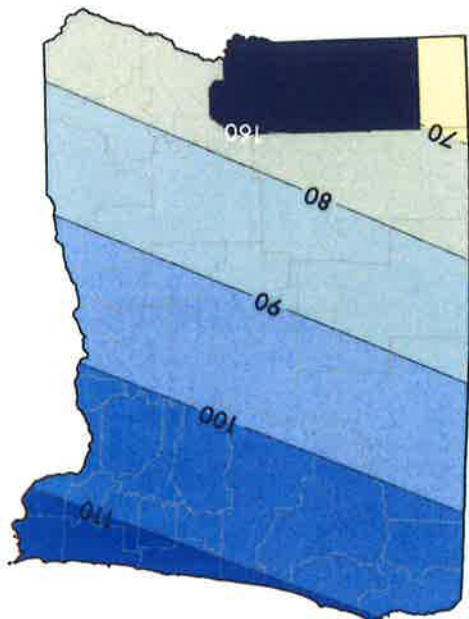


PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

Time of Latest Sunrises



Days with Post-8am Sunrise



Morning sunlight is essential to health, mood, safety, learning, and productivity.

Most work and school days in the United States start at or before 8am. Latest winter sunrises occur from late December to mid-January.



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SAVE STANDARD TIME

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