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On Behalf
Of:

Committee: Senate Committee On Veterans, Emergency Management, Federal
and World Affairs

Measure: SB1548

Going to permanent daylight saving time is a bad idea.

Alternating between daylight saving time and standard time is a bad idea.

Going to permanent standard saving time is a great idea.

The U.S. tried permanent daylight saving time in the 1970s — then quickly rejected it.

<https://www.npr.org/2022/03/19/1087280464/the-u-s-tried-permanent-daylight-saving-time-in-the-1970s-then-quickly-rejected->

<https://www.washingtonpost.com/history/2022/03/18/daylight-saving-seventies-history/>

More daylight in the morning has many benefits:

warmer morning temperatures, less morning ice, better morning vision for drivers and students, less seasonal affective disorder, cooler evening temperatures in summer

<https://thehill.com/opinion/healthcare/3721283-the-case-for-permanent-standard-time/>

<https://www.ama-assn.org/press-center/press-releases/ama-calls-permanent-standard-time>

<https://www.americanscientist.org/blog/macroscope/why-permanent-standard-time-is-best-for-our-bodies>

<https://www.washingtonpost.com/wellness/2022/03/16/daylight-saving-bill-health-effects/>