



# SAVE STANDARD TIME

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.

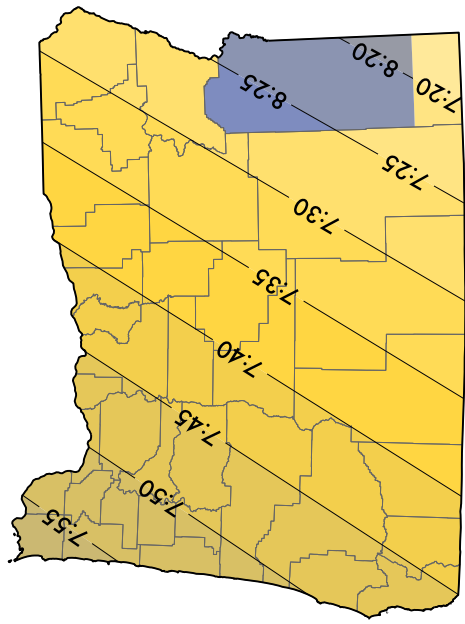
Sincerely,

Jay Pea  
President

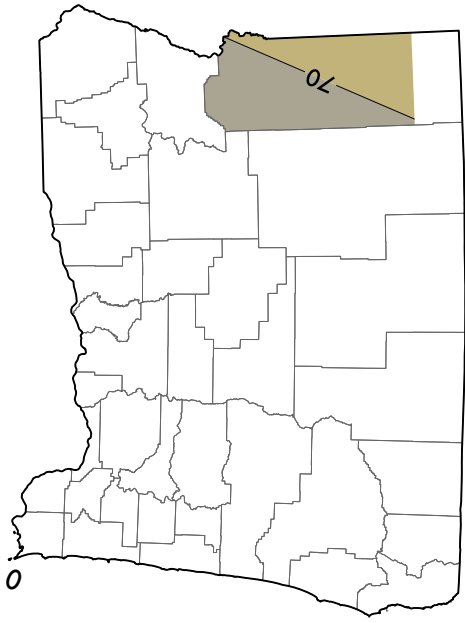
[jay@savestandardtime.com](mailto:jay@savestandardtime.com)

# PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises

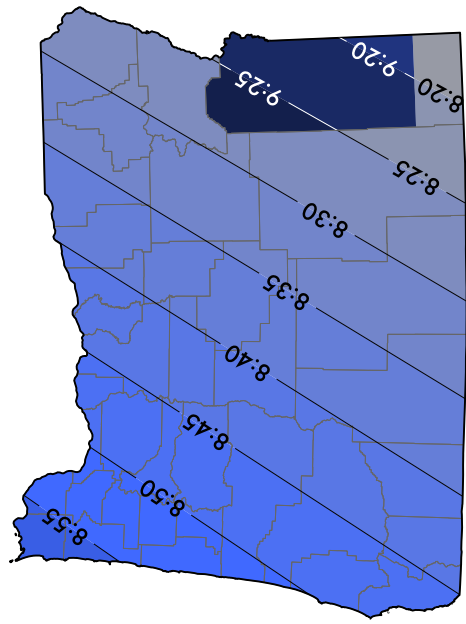


Days with Post-8am Sunrise

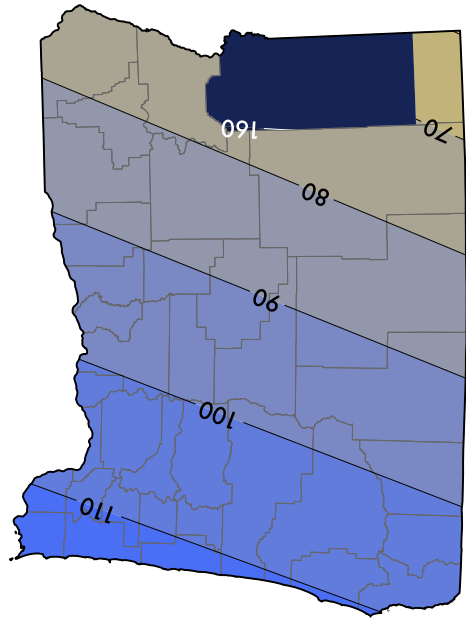


# PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

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.



# YES ON SB 1548

**Most work/school starts at 8am.**  
How would you rather start your day half the year?

**7:30am Daylight Saving Time**  
February 18, Newport, Oregon

**7:30am Standard Time**  
February 18, Newport, Oregon

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

**SAVE STANDARD TIME**

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/>

**“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/>

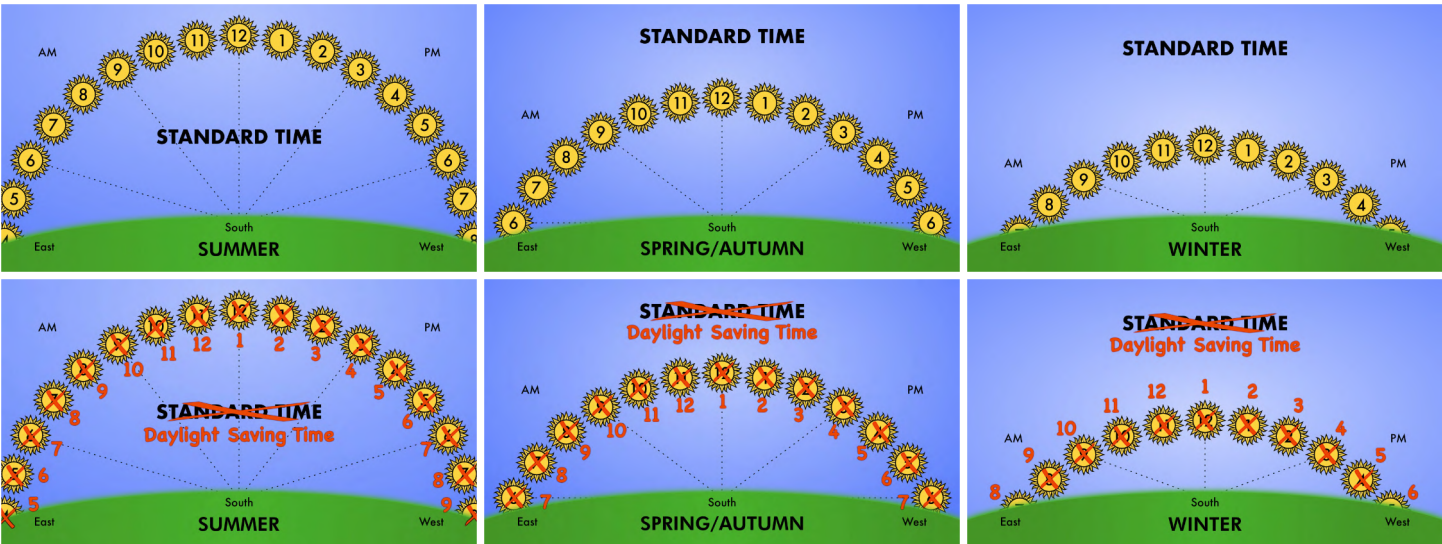
**“Oregon should remain in Standard Time.**  
[Permanent Daylight Saving Time’s] marginal benefit of an extra hour of light during a limited number of summer evenings is not worth spending nearly a third of the year’s mornings in darkness.”

**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





# 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](https://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.

# Permanent Standard Time Is Federally Approved

## Permanent Daylight Saving Time Is Federally Prohibited

Any state can restore permanent Standard Time (natural time) by enacting state legislation for self-exemption from DST (fast time). Arizona, Hawaii, and all five US territories observe permanent Standard Time. Most nations, including Mexico, observe permanent Standard Time. More American states than ever are now considering permanent Standard Time. As with any legislation, the effective date of DST exemption can be delayed until neighboring states enact equivalent legislation, if desired. Permanent DST when tried has cost lives and disrupted business. Permanent Standard Time is the quickest, safest, healthiest, most-lasting 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>





# SAVE STANDARD TIME

	Permanent Daylight Saving Time (Fast Time)	Permanent Standard Time (Natural 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, neurological health, stress resilience, weight balance, 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; Construction 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>Religious Rights</b>	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).
<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.

## *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).