

February 4, 2021

RE: Testimony in favor of HB 1371

To the members of the ND House Political Subdivisions Committee:

I am writing in favor of HB 1371.

As a lifelong resident of North Dakota, I have lived through several of the clock changes that accompany the start and end of Daylight Savings Time. A bit weary of springing ahead and falling back, I've long wondered what staying on DST year-round would be like.

This fall gave me a perfect opportunity to try just that. Since, due to the pandemic, I was working from home and finding myself with fewer social obligations, being on Standard Time wasn't as crucial. So, when I went to bed on the night of October 31, I kept my clocks as they were.

I'm happy to report that I woke up on November 1 well-rested. I did not experience that vague but annoying "time disorientation" that seems to linger for days after a time change. Since then, I've caught more sunrises and enjoyed having a little extra daylight for the drive home from work. (Of course, I have been an hour ahead of everyone else. But, if anything, I've not been late!)

I look forward to waking up on March 15 having already been on Daylight Savings Time since last spring.

I share this to say that, in my opinion, switching between Standard Time and Daylight Savings Time is unhelpfully disruptive. (And that staying permanently on DST is doable.)

Of course, becoming a DST-only state would put our clocks out of sync with our neighboring states and with one neighboring province and could inconvenience those who frequently cross over our borders. But, this would only be the case for about four and a half months of the year. (And would permanently synchronize Saskatchewan—which has already done away with time changes—and the Mountain Time portion of our state.)

Perhaps instead of seeing a move to DST-only as putting us out of step with our neighbors, we should view it as an opportunity to be a leader among them. Who is to say that those neighbors who haven't already embraced a single, year-round time wouldn't soon follow our example?

Thank you for considering my testimony.

Ben Vinje  
Minot, ND