

SAVE STANDARD TIME

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2021 February 28

Political Subdivisions Committee
North Dakota House of Representatives
Bismarck, North Dakota 58505

Re: SB-2201—Oppose (Amend to Standard Time)

Dear Honorable Representatives,

Please oppose SB-2201, refer it to your committees on health, safety, and education, and recommend its amendment to permanent Standard Time (draft attached).

SB-2201 seeks permanent Daylight Saving Time (DST), which science and history show is more harmful than clock change. Permanent Standard Time instead can improve viral immunity with better sleep, it will protect start times with morning sunlight, and it is federally pre-approved.

Scores of organizations representing thousands of scientists/doctors and millions of teachers/parents oppose permanent DST and endorse permanent Standard Time. Among these are the Dakotas Sleep Society, National PTA, National Safety Council, American Academy of Sleep Medicine, American College of Chest Physicians, American College of Occupational & Environmental Medicine, Start School Later, and Society for Research on Biological Rhythms.^[AASM]
[CSC][ESRS][RIVM][SRBR]

Healthy sleep is essential to viral immunity (including COVID),^{[Meira][Panda][Ray]} and for years the CDC has classified sleep deprivation as a nationwide epidemic.^[Jin] Springing clocks forward to DST acutely deprives sleep. Leaving clocks forward on DST chronically deprives sleep (estimated average 19 minutes nightly). An hour delay of sunrise each day (such as by DST) manifests as statistically significant increases in accidents, in illness and disease (certain cancers up 12–36%), and in healthcare costs, and as statistically significant decreases in education, in productivity, and in wages (down 3–5%). It's not just clock change that harms. Sun-based, longitudinally correct Standard Time preserves morning sunlight, when human biology needs it most.^{[AASM][Borisenkov][CSC][Curtis][ESRS][Gibson][Giuntella][Gu][Juda][RIVM][Roenneberg][SRBR]}

Standard Time is the quickest way to end clock change, in that the US Uniform Time Act of 1966 permits permanent Standard Time and forbids permanent DST. Scientific polling shows strong public support to end clock change, with slight preference for Standard Time.^[AP] History shows support for permanent DST reverses to opposition once its dark mornings are experienced.^{[BBC][Ripley][Yorkshire]} Permanent DST would delay North Dakota's sunrises to 9:48am, and past 8am for up to 5.5 months (photo attached). It would undo the benefits of starting school later, and it would disrupt parents' work hours.^{[Cell][Skeldon]} Standard Time keeps most sunrises

before 8am, when most work/school starts,^{[CDC][Silver]} for healthier sleep, alertness, immunity, and productivity.

Please oppose permanent DST and support permanent Standard Time—as is federally pre-approved and best for health, safety, education, and economy. I would be glad to provide committee testimonies and expert statements on this issue.

Sincerely,



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Endorsements of Permanent Standard Time as the Better Year-Round Clock

The following parties reject permanent Daylight Saving Time and endorse permanent Standard Time as the better year-round clock. These are not implied to be endorsements of the Save Standard Time entity.

Organizations (non-comprehensive list)

National PTA
National Safety Council
American College of Chest Physicians
National School Boards Association
B-Society
American Academy of Dental Sleep Medicine
European Sleep Research Society
Agudath Israel of America
Society of Anesthesia & Sleep Medicine
German Teachers' Association
French Society for Sleep Research & Medicine
National Commission for the Rationalization of Spanish Hours
California Islamic University
Society for Light Treatment & Biological Rhythms
Rabbinical Council of California
Agudath Israel of California
Northwest Noggin Neuroscience
California Sleep Society
Michigan Academy of Sleep Medicine
Ohio Bicycle Federation
Wisconsin Sleep Society
Canadian Society for Chronobiology
Southern Sleep Society
Normal Time All the Time
German Society for Time Policy
Missouri Sleep Society
Solaris Fatigue Management
Sleep Medicine Association Netherlands
Chronobiology Lab Groningen
Better Times Platform
Barcelona Time Use Initiative for a Healthy Society
National Education Association
American Academy of Sleep Medicine
American Federation of Teachers
American College of Occupational & Environmental Medicine
Start School Later
Rabbinical Council of America
Society for Research on Biological Rhythms
Florida PTA
World Sleep Society
European Biological Rhythms Society
Society of Behavioral Sleep Medicine
American Academy of Cardiovascular Sleep Medicine
Agudath Israel of Florida
Francophone Chronobiology Society
Association of Canadian Ergonomists
Good Light Group
Agudath Israel of Chicago
Daylight Academy
Kentucky Sleep Society
Maryland Sleep Society
Australasian Chronobiology Society
Cuyahoga Astronomical Association
Adath Israel San Francisco
Tennessee Sleep Society
Curtis Clock Lab
Capitol Neurology
Stephens Memorial Observatory
Dutch Society for Sleep-Wake Research
Dakotas Sleep Society
Abolish Time Change!

Individuals (non-comprehensive list)

Raúl Aguilar-Roblero MD PhD, Laboratory on Circadian Rhythmicity, Institute of Cellular Physiology, Mexico
Konstantin V Danilenko MD PhD, Institute of Physiology & Basic Medicine, Novosibirsk, Russia
Elizabeth B Klerman MD PhD, Associate Professor, Harvard Medical School, Boston, Massachusetts
Michael T Lam MD PhD, San Diego, California
Michael McCarthy MD PhD, Center for Circadian Biology, University of California, San Diego
Thomas E Nordahl MD PhD, Professor Emeritus, University of California, Davis
David K Welsh MD PhD, Professor Emeritus, University of California, San Diego
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Salman Ahsan PhD, San Jose, California
Shimon Amir PhD, Professor, Concordia University, Montreal, Quebec
Sonia Ancoli Israel PhD, Professor Emeritus, University of California, San Diego

Michael Antle PhD, Professor, Hotchkiss Brain Institute & University of Calgary, Alberta
Susanna Barry PhD, College Mental Health Counselor & Sleep Coach, Cambridge, Massachusetts
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Scott Cookson PhD, Quantitative BioSciences, San Diego, California
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Roger Tseng PhD, Biological Scientist, USDA, Ames, Iowa
Judy Village PhD CCCPE, President, Association of Canadian Ergonomists, British Columbia
Daniel S Whittaker PhD, Los Angeles, California
Anna Wirz-Justice PhD, Professor Emeritus, Centre for Chronobiology, University of Basel, Switzerland
Irving Zucker PhD, University of California, Berkeley
Mariah Baughn MD, San Diego, California
Richard E Cytowic MD, Washington, DC
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Jack Kruse DMD MD, Neurosurgeon, New Orleans, Louisiana
Beth Malow MD MS, Medical Doctor & Researcher, Brentwood, Tennessee
Tessa Sugarbaker MD MFT, San Francisco, California
Nathaniel F Watson MD MSc, Bainbridge Island, Washington
Dr Archana G Chavan, University of California, Merced
Dr Chelsea Gustafson, Assistant Professor, Portland, Oregon
Dr Paul Kelley, Milton Keynes, United Kingdom
Dr Irving Lebovics, Los Angeles, California
Prof Stacey Harmer, University of California, Davis
Betty C Jung MPH RN MCHES, New Haven, Connecticut
Fabian Mohedano, President of Catalan Council for Vocational Training, Former Member of Parliament

"Permanent, year-round Standard Time is the best choice to most closely match our circadian sleep-wake cycle.

Daylight Saving Time results in more darkness in the morning and more light in the evening, disrupting the body's natural rhythm."

Muhammad Adeel Rishi MD
Mayo Clinic & American Academy of Sleep Medicine

<https://aasm.org/american-academy-of-sleep-medicine-calls-for-elimination-of-daylight-saving-time/>

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"The human circadian system does not adjust to Daylight Saving Time.

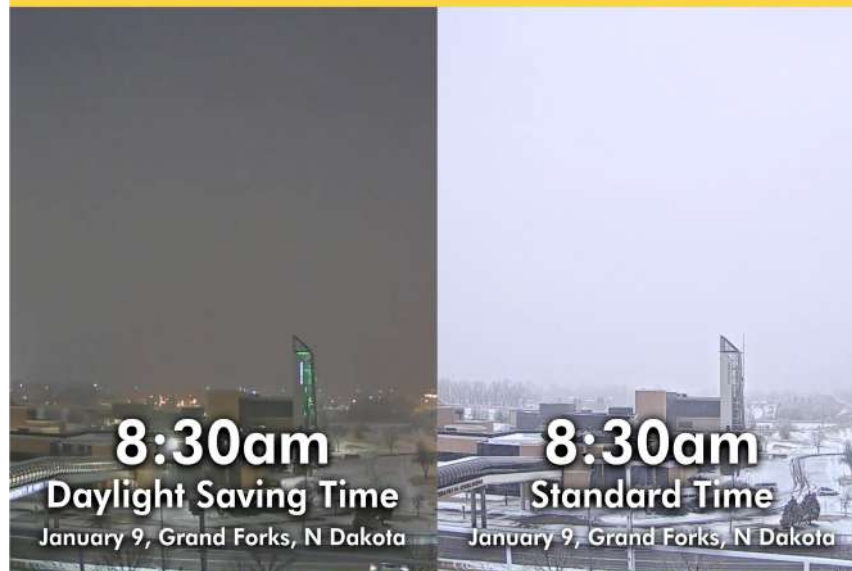
Sleep becomes disrupted, less efficient, and shortened. Permanent Standard Time is the healthier, more natural choice."

Nathaniel F Watson MD MSc
Neurology Professor, University of Washington, Seattle

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6557642/>

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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.

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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/>

"Cancer rates significantly increase when sunrise is later.

"Permanent DST would make sunrise later, while permanent Standard Time would make sunrise closer to body time."

Nicolas Cermakian PhD
President, Canadian Society for Chronobiology

<https://www.theglobeandmail.com/opinion/article-turn-back-the-clock-on-daylight-savings-why-standard-time-all-year/>

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"National PTA is opposed to Daylight Saving Time during the winter months because of the safety factor."

Heidi May Wilson
Spokesperson for the National Parent Teacher Association

<https://www.washingtonpost.com/science/2019/03/08/springing-forward-daylight-saving-time-is-obsolete-confusing-unhealthy-critics-say/>

 **SAVE STANDARD TIME**

SENATE BILL NO. 2201

SUGGESTED AMENDMENT TO ABOLISH DAYLIGHT SAVING TIME
AND TO RESTORE PERMANENT STANDARD TIME

A BILL for an Act to create and enact a new section to chapter 1-08 of the North Dakota Century Code, relating to requiring the state to observe standard time year-round; and to provide a contingent effective date.

BE IT ENACTED BY THE LEGISLATIVE ASSEMBLY OF NORTH DAKOTA:

SECTION 1. A new section to chapter 1-08 of the North Dakota Century Code is created and enacted as follows:

Year-round observance of standard time.

This state and each political subdivision shall be exempt from the advancement of time as provided by 15 U.S.C. 260(a) and shall observe standard time year-round as the standard time of the entire state and each political subdivision.

SECTION 2. CONTINGENT EFFECTIVE DATE. This Act becomes effective on the thirtieth day after the attorney general certifies to the legislative council that Minnesota, Montana, and South Dakota each have commenced the observance of standard time year-round as the standard time.