



# Washington University in St. Louis

## ARTS & SCIENCES DEPARTMENT OF BIOLOGY

2021 February 28

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

Dear Honorable Representatives,

Please amend SB 2201 to permanent Standard Time. With good intentions, SB2201 would end annual time switching. However, revising it to permanent Standard (rather than Daylight Saving) Time would be consistent with the recommendations of the vast majority of physicians, scientists, professional Societies and advocacy groups on this issue. The Members of the Society for Research on Biological Rhythms and the American Academy of Sleep Medicine have led the research and public education on this issue in the United States. This is nicely summarized for the public including infographics and links to peer-reviewed publications on this website (<https://srbr.org/advocacy/daylight-saving-time-presskit/>).

Permanent DST (pDST) was tried in 1974 and failed within a year. Permanent Standard Time (pST) requires no changes to Federal law and allows for more people to experience sunlight on their way to school and work. This has health and economic benefits including better alignment of circadian rhythms with natural light cycles, increased sleep per day, and improved performance at work and school, and fewer sick days.

Sincerely,

Erik D. Herzog, Ph.D.  
Viktor Hamburger Professor of Arts and Sciences  
Past President, Society for Research on Biological Rhythms