

# SAVE STANDARD TIME

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2021 March 9

Political Subdivisions Committee  
North Dakota Senate  
Bismarck, North Dakota 58505

Re: HB-1371—Oppose (Amend to Standard Time)

Dear Honorable Senators,

Please oppose HB-1371, refer it to your committees on health, safety, or education, and recommend its amendment to permanent Standard Time (draft attached).

HB-1371 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 Dakota 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 (sampling of expert statements attached).<sup>[AASM][CSC][ESRS][RIVM][SRBR]</sup>

Healthy sleep is essential to viral immunity (including COVID),<sup>[Meira][Panda][Ray]</sup> and for years the CDC has classified sleep deprivation as a nationwide epidemic.<sup>[Jin]</sup> 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.<sup>[AASM][Borisenkov][CSC][Curtis][ESRS][Gibson][Giuntella][Gu][Juda][RIVM][Roenneberg][SRBR]</sup>

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.<sup>[AP]</sup> History shows support for permanent DST reverses to opposition once its dark mornings are experienced.<sup>[BBC][Ripley][Yorkshire]</sup> 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.<sup>[Cell][Skeldon]</sup> Standard Time keeps most sunrises

before 8am, when most work/school starts,<sup>[CDC][Silver]</sup> for healthier sleep, alertness, immunity, and productivity.

Please oppose permanent DST and support permanent Standard Time—as is federally pre-approved, supported by history, and best for health, safety, education, and economy.

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  
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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  
Amir Zarrinpar MD PhD, Assistant Professor, San Diego, California  
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  
 William Bechtel PhD, Distinguished Professor, University of California, San Diego  
 Mikhail Borisenkov PhD, Institute of Physiology, Komi Science Centre, Russian Academy of Sciences  
 Joseph Boyd PhD, Research Scientist, MilliporeSigma, Temecula, California  
 Hugo Calligaro PhD, San Diego, California  
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 Dr Paul Kelley, Milton Keynes, United Kingdom  
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 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.**

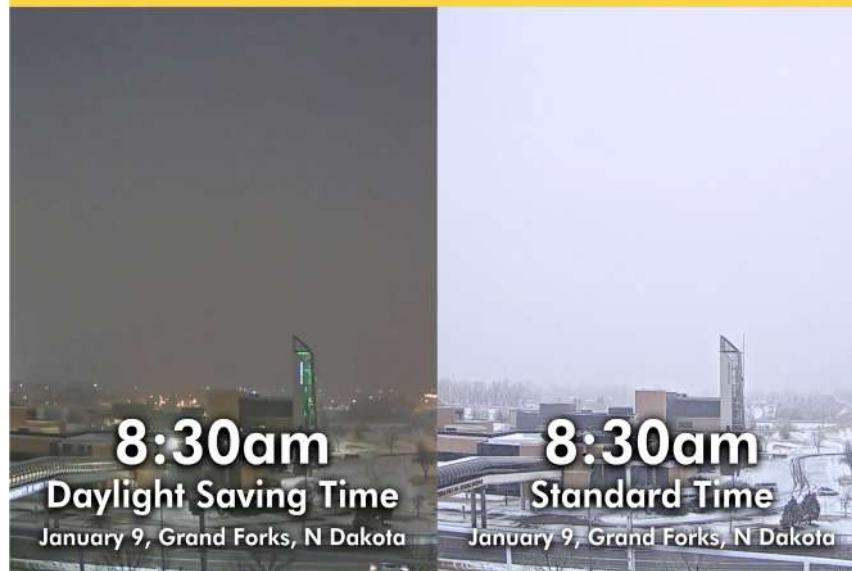
Sleep becomes disrupted, less efficient, and shortened. Permanent Standard Time is the healthier, more natural choice."

**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.

 **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/>

**"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**

HOUSE BILL NO. 1371

**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. EFFECTIVE DATE.** This Act becomes effective at two o'clock antemeridian on the first Sunday of November in the year of its passage.