

February 3, 2021

SENATE BILL NO. 2201

Observe Daylight Savings Time year round

Dear Legislative Assembly of North Dakota,

My name is Melissa Engelstad and I am in favor of SENATE BILL NO. 2201 (observe daylight savings time year round in North Dakota). I am a mother to three children ages 7, 5, 3 and another baby on the way. Plain and simple; time changes are no fun for anyone at any age but for most children it's horrible. Even if my husband and I try to prepare days to weeks ahead, it doesn't matter, it's still terrible. Our children are cranky, tired, sensitive to everything, have negative behaviors and even emotional outbursts. They have difficulty falling asleep and will wake early. It even effects them negatively while at school. It doesn't just last a few days, it takes weeks and weeks to get them back on track. Every parent I've talked to has similar experiences with their children during the time changes too.

This isn't something that just that impacts children negatively but it impacts adults too. According to an article published by [cbsnews.com](https://www.cbsnews.com)- "Changing the clocks has an impact on your mood, motor skills, appetite and even your heart. Particularly around daylight savings time workplace injuries rise, there is an increase in car accidents and an increased risk of heart attacks and strokes."

There is absolutely no need to keep changing the clocks back and forth. It actually causes more harm than good. I'm asking that you all please consider passing this Bill.

Thank you for your time,

Melissa Engelstad

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