



# SAVE STANDARD TIME

The best clock for health, safety, education, economy, environment, civil liberties, and lasting approval.

2021 April 12

Committee on Federal Relations & American Indian Affairs  
North Carolina House of Representatives  
Raleigh, North Carolina 27601

Re: Oppose HB-307—Deprives Sleep, Increases Illness/Accidents, Endangers Children

Dear Honorable Committee Members,

Please oppose HB-307 until it is amended from permanent Daylight Saving Time (DST) to permanent Standard Time. Permanent DST is federally forbidden and more harmful than clock change. Only permanent Standard Time can improve viral immunity with better sleep, protect start times with morning sunlight, and be enacted without congressional action.

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 Southern Sleep Society, Tennessee Sleep Society, Kentucky Sleep Society, National PTA, National Safety Council, American Academy of Sleep Medicine, American College of Chest Physicians, National Sleep Foundation, American College of Occupational & Environmental Medicine, Start School Later, and Society for Research on Biological Rhythms (example expert statements enclosed).<sup>[AASM][CSC][ESRS][NSF][RIVM][SRBR]</sup>

Permanent Standard Time is the quickest way to end clock change, as the Uniform Time Act pre-approves any state's self-declared exemption from DST and restoration of permanent Standard Time. Recent 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 into strong opposition once its forced early waking in dark, cold winter mornings is experienced. Permanent DST has repeatedly failed around the world; it was a deadly disaster in the US in 1974.<sup>[BBC][Ripley][Yorkshire]</sup>

With Standard Time, your sunrises never come later than 8am (when most work and school days start<sup>[CDC][Silver]</sup>). Permanent DST would delay sunrises in North Carolina to 8:44am, and past 8am up to 4.0 months (photos enclosed). It would depress and endanger millions of schoolchildren and workers. It would undo the benefits of starting school later.<sup>[Borisenkov][Cell][Skeldon]</sup> Permanent Standard Time instead preserves morning sunlight, when human biology needs it most.<sup>[AASM][CSC][Curtis][ESRS][Juda][RIVM][Roenneberg][SRBR]</sup>

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).<sup>[CSC][Curtis][Giuntella][Roenneberg]</sup> Artificial delay of sunrise by one hour each day (such as by DST) manifests as statistically significant increases in accidents, disease

(certain cancers up 12–36%), and healthcare costs, and as statistically significant decreases in learning, productivity, and earnings (individual wages down 3–5%).<sup>[CSC][Curtis][ESRS][Gibson][Giuntella][Gu][Juda][RIVM][Roenneberg]</sup> It's not just clock change that harms, but also DST's forced early waking. Permanent Standard Time lets us sleep.<sup>[AASM][SRBR]</sup>

Please listen to the consensus of doctors, teachers, polling, history, and law. Please save money and lives. Please oppose permanent DST and support permanent Standard Time. Thank you.

Sincerely,



Jay Pea

Founder & President

[jay@savestandardtime.com](mailto:jay@savestandardtime.com)

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

### Individuals (non-comprehensive list)

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Salman Ahsan PhD, San Jose, California  
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Sonia Ancoli Israel PhD, Professor Emeritus, University of California, San Diego

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 Joanna C Chiu PhD, Vice Chair, Department of Entomology & Nematology, University of California, Davis  
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 Beth Malow MD MS, Medical Doctor & Researcher, Brentwood, Tennessee  
 Melody T McCloud MD, Obstetrician-Gynecologist, Atlanta, Georgia  
 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



**Oppose Permanent Daylight Saving Time**  
Forces early waking—decreases immunity and alertness.

**Support Permanent Standard Time**  
Lets us sleep—for health, safety, and education.

**"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/>

 **SAVE STANDARD TIME**

**"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/>

 **SAVE STANDARD TIME**

**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://livefortyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

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**"[Standard Time's] light in the morning not only makes you feel more alert, but helps you go to bed at the right time at night."**

**Beth Ann Malow MD MS**  
**Sleep Neurologist, Vanderbilt University**

<https://khn.org/news/daylight-saving-time-debate-changing-clocks-is-bad-for-your-health-but-which-time-to-choose/>

 **SAVE STANDARD TIME**

**"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**