

# SAVE STANDARD TIME

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2021 February 14

Committee on Commerce & Tourism  
Michigan House of Representatives  
Lansing, Michigan

Re: HB-4052: Oppose—Amend to Standard Time

Dear Honorable Representatives,

Thank you for your commitment to the well-being of all in Michigan. I write on behalf of my nonprofit to ask you to oppose HB-4052, to refer it to the Committees on Health, Safety, Families, and Education, and to recommend its amendment to permanent Standard Time (draft amendment attached).

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 Michigan Academy of Sleep Medicine, 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.<sup>[AASM][CSC][ESRS][RVM][SRBR]</sup>

Healthy sleep is essential to viral immunity (including COVID),<sup>[Meira][Panda][Ray & Reddy]</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 (average 19 minutes nightly). An hour delay of sunrise each day (such as by DST) manifests as statistically significant increases in accidents, illness and disease (cancers up 12–36%), and healthcare costs, and as statistically significant decreases in education, productivity, and wages (down 3–5%). It's not just clock change that harms. Longitudinally correct Standard Time preserves morning sunlight, when human biology needs it most.<sup>[AASM][Borisenkov][CSC][Curtis][ESRS][Gibson][Giuntella][Gu][Jenkins][Juda][RVM][Roenneberg][SRBR][Watson]</sup>

Scientific polling shows strong public support to end clock change, with slight preference for Standard Time.<sup>[AP]</sup> History shows public support for permanent DST reverses to opposition once its dark winter mornings are experienced.<sup>[BBC][Ripley][Yorkshire]</sup> Permanent DST would delay Michigan's sunrises to 9:33am, and past 8am for 5.2 months. It would undo the benefits of starting school later, and it would disrupt parents' work hours.<sup>[Cell Press][Skeldon & Dijk]</sup> Standard Time keeps most sunrises before 8am, when most work/school starts,<sup>[CDC][Silver]</sup> for healthier sunlight exposure, circadian alignment, sleep, alertness, immunity, and productivity.

Please oppose HB-4052 until it is amended to 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 yours,



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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  
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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  
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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  
Oscar Castanon-Cervantes PhD, Assistant Professor, Morehouse School of Medicine, Atlanta, Georgia  
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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 Standard Time is the only fair, viable option.**

“Permanent Daylight Saving could create real health/safety issues. Humans require adequate morning light so that our internal biological rhythms synchronize properly to local time. Lack leads to metabolic disorders, depression, cardiovascular disease...”

**Chancellor Gene Block PhD, UCLA**  
**Prof Johanna Meijer PhD, Leiden University**

<https://newsroom.ucla.edu/stories/who-wants-to-go-to-work-in-the-dark>



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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/>



**SAVE STANDARD TIME**

## **Most work/school starts at 8am.**

How would you rather start your day half the year?



**8:30am**

**Daylight Saving Time**

January 7, Kalamazoo, Michigan

**8:30am**

**Standard Time**

January 7, Kalamazoo, Michigan

Permanent Standard Time is the safest, healthiest, quickest end to clock change.

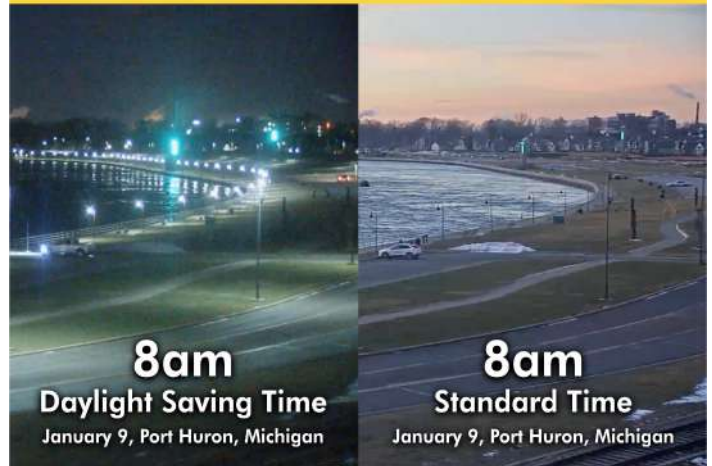


**SAVE STANDARD TIME**

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

## **Most work/school starts at 8am.**

How would you rather start your day half the year?



**8am**

**Daylight Saving Time**

January 9, Port Huron, Michigan

**8am**

**Standard Time**

January 9, Port Huron, Michigan

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://livethirtyeight.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/>



**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**

## **BILL TO END DAYLIGHT SAVING TIME BY PERMANENT STANDARD TIME**

An act to amend the Government Code in relation to the state's computation of time; to provide that the state shall at all times observe the Standard Time of the United States; to exempt the state from the advancement of clocks to Daylight Saving Time; to provide an effective date; to repeal any conflicting laws; and to urge neighboring states to enact similar law.

**WHEREAS** Standard Time as currently defined by federal law provides a practical approximation of natural solar time;

**WHEREAS** changing clocks each year to Daylight Saving Time is unhealthy, unsafe, unpopular, and disruptive to education and to the economy;

**WHEREAS** the consensus of doctors, scientists, and experts in chronobiology, neurology, endocrinology, psychology, immunology, and other medical fields, and the consensus of teachers and children's advocates, is that only permanent Standard Time provides the best and most practical conditions for the public's sleep quality, physical health, mental well-being, roadway safety, workplace safety, workplace productivity, and learning capabilities;

**WHEREAS** history shows that only permanent Standard Time provides the most sustainable conditions for public support;

**WHEREAS** federal law permits states to opt out of Daylight Saving Time by observation of permanent Standard Time;

**NOW, THEREFORE, BE IT ENACTED**, that:

The state, and all political subdivisions thereof, shall at all times observe the Standard Time of the United States, as provided by the Uniform Time Act of 1966 (15 USC Sections 261 through 263);

The state, and all political subdivisions thereof, shall be exempt from the advancement of time as provided by the Uniform Time Act of 1966 (15 USC Sections 260a);

This act shall take effect on January 1 of the year following adoption of legislation to opt out of Daylight Saving Time in the states of Wisconsin, Illinois, Indiana, Ohio, and Pennsylvania;

All laws and parts of laws in conflict with this act shall be repealed;

And the state shall urge its neighboring states to enact similar law as soon as possible.