



SAVE STANDARD TIME

SaveStandardTime.com • Twitter.com/SaveStandard • info@SaveStandardTime.com • San Francisco, California

2021 February 9

Kansas House of Representatives
Federal & State Affairs Committee
Topeka, Kansas 66612

Re: HCR-5008: Oppose—Amend to Standard Time

Dear Honorable Legislators,

Thank you for your commitment to the well-being of all in Kansas. I write on behalf of my nonprofit to ask you oppose HCR-5008, to refer it to the Health, Safety, and Education Committees, and to recommend its amendment to permanent Standard Time (draft amendment attached).

HCR-5008 seeks permanent Daylight Saving Time (DST), which science and history show to be more harmful than clock change. Permanent Standard Time can instead improve the health, safety, education, and economy of the general public, with better sleep and preservation of morning sunlight.

Scores of organizations representing thousands of scientists/doctors and millions of teachers/parents oppose permanent DST and endorse permanent Standard Time. These include the Missouri 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, American Academy of Dental Sleep Medicine, and Society for Research on Biological Rhythms.^{[AASM][CSC][ESRS][RIVM][SRBR]}

For several years, the CDC has classified sleep deprivation as a nationwide epidemic.^[Jin] 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, diseases (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. Standard Time preserves morning sunlight, when human biology needs it most.^{[AASM][Borisenkov][CSC][Curtis][ESRS][Gibson][Giuntella][Gu][Jenkins][Juda][RIVM][Roenneberg][SRBR][Watson]}

Scientific polling shows strong public support to end clock change, with slight preference for Standard Time.^[AP] History shows public support for permanent DST reverses to opposition once its dark winter mornings are experienced.^{[BBC][Ripley][Yorkshire]} Permanent DST would delay Kansas sunrises to 8:59am, and past 8am up to 4.6 months. Biologists urge school should start no earlier than 8am or 8:30am Standard Time—which is 9am or 9:30am DST. Permanent DST

would undo the benefits of starting school later, and disrupt parents' work hours.^{[Cell Press][Skeldon & Dijk]} Standard Time keeps Kansas sunrises before 8am, when most work/school starts,^{[CDC][Silver]} for healthier sunlight exposure, circadian alignment, sleep, alertness, immunity, and productivity.

Please listen to history and to the consensus of biologists and teachers. Oppose HCR-5008 until it is amended to permanent Standard Time.

Sincerely yours,



Jay Pea
Save Standard Time
PO Box 40238
San Francisco, California 94140
jay@SaveStandardTime.com
+1-415-484-3458

American Academy of Sleep Medicine (2020). "Call for Elimination of Daylight Saving Time". *Journal of Clinical Sleep Medicine*. <https://aasm.org/american-academy-of-sleep-medicine-calls-for-elimination-of-daylight-saving-time/>

AP-NORC (2019). "Daylight Saving Time vs Standard Time". *Center for Public Affairs Research*. <https://apnorc.org/projects/daylight-saving-time-vs-standard-time/>

BBC (2014). "Russia: Putin Abolishes 'Daylight Savings' Time Change". *BBC News*. <https://www.bbc.com/news/blogs-news-from-elsewhere-28423647>

Borisenkov et al (2016). "Seven-Year Survey of Sleep Timing in Russian Children and Adolescents". *Biological Rhythm Research*. https://www.researchgate.net/publication/307547013_Seven-year_survey_of_sleep_timing_in_Russian_children_and_adolescents_chronic_1-h_forward_transition_of_social_clock_is_associated_with_increased_social_jetlag_and_winter_pattern_of_mood_seasonality

Canadian Society for Chronobiology (2019). "Turn Back the Clock on Daylight Savings: Why Standard Time All Year Round Is the Healthy Choice". *The Globe and Mail*. <https://www.theglobeandmail.com/opinion/article-turn-back-the-clock-on-daylight-savings-why-standard-time-all-year/>

Cell Press Staff (2019). "Permanent Daylight Savings May Cancel Out Changes to School Start Times". *EurekAlert!*. https://www.eurekalert.org/pub_releases/2019-04/cp-pds041819.php

Centers for Disease Control and Prevention (2015). "School Start Times for Middle School and High School Students – United States, 2011–12 School Year". *Morbidity and Mortality Weekly Report*. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6430a1.htm>

Curtis (2019). "Daylight Saving Time: Harmed by Hands of the Clock". *The Irish Times*. <https://www.irishtimes.com/opinion/daylight-saving-time-harmed-by-hands-of-the-clock-1.4064179>

European Sleep Research Society (2018). "Joint Statement". *EU Commission on DST*. <https://esrs.eu/joint-statement-to-the-eu-commission/>

Gibson & Shrader (2015). "Time Use and Productivity: The Wage Returns to Sleep". *Williams College Department of Economics Working Papers*. <https://econpapers.repec.org/paper/wilwileco/2015-17.htm>

Giuntella & Mazzonna (2017). "Sunset Time and the Economic Effects of Social Jetlag Evidence from US Time Zone Borders". *Journal of Health Economics*. <https://www.sciencedirect.com/science/article/abs/pii/S0167629618309718>

Gu et al (2017). "Longitude Position in a Time Zone and Cancer Risk in the United States". *Cancer Epidemiology, Biomarkers & Prevention*. <https://cebp.aacrjournals.org/content/26/8/1306>

Jin & Ziebarth (2019). "Sleep, Health, and Human Capital: Evidence from Daylight Saving Time". *The National Bureau of Economic Research*. <https://ideas.repec.org/p/yor/hectdg/15-27.html>

Juda et al (2019). "An Open Letter to the BC Government in Support of Permanent Standard Time". *Simon Fraser University*. <https://vault.sfu.ca/index.php/s/sAnv3Z4bcSwY4Gm>

Ripley (1974). "Senate Votes Return to Standard Time for Four Months and Sends Bill to Ford". *The New York Times*. <https://www.nytimes.com/1974/10/01/archives/senate-votes-return-to-standard-time-for-four-months-and-sends-bill.html>

RIVM (2019). "Standard Time More Beneficial for Public Health Than Summer Time". *Rijksinstituut voor Volksgezondheid en Milieu*. <https://www.rivm.nl/en/news/standard-time-more-beneficial-for-public-health-than-summer-time>

Roenneberg et al (2019). "Daylight Saving Time and Artificial Time Zones – A Battle Between Biological and Social Times". *Frontiers in Physiology*. <https://www.frontiersin.org/articles/10.3389/fphys.2019.00944/full>

Silver (2014). "Which Cities Sleep In, and Which Get to Work Early". *FiveThirtyEight*. <https://fivethirtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

Skeldon & Dijk (2019). "School Start Times and Daylight Saving Time Confuse California Lawmakers". *Current Biology*. [https://www.cell.com/current-biology/fulltext/S0960-9822\(19\)30312-4](https://www.cell.com/current-biology/fulltext/S0960-9822(19)30312-4)

Society for Research on Biological Rhythms (2019). "Why Should We Abolish Daylight Saving Time?". *Journal of Biological Rhythms*. <https://srbr.org/advocacy/daylight-saving-time-presskit/>

Watson (2019). "Time to Show Leadership on the Daylight Saving Time Debate". *Journal of Clinical Sleep Medicine*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6557642/?report=classic>

Yorkshire (2018). "British Summer Time: Why Do We Change the Clocks?". *Yorkshire Evening Post*. <https://www.yorkshireeveningpost.co.uk/news/uk-news/british-summer-time-why-do-we-change-clocks-313791>

House Concurrent Resolution NO. 5008 – Amended to Standard Time

A CONCURRENT RESOLUTION urging the US Congress to abolish Daylight Saving Time and restore permanent Standard Time for the whole nation.

WHEREAS, The Congress of the United States has adopted various versions of Daylight Saving Time since 1918, when the policy originated to support the war industries; and

WHEREAS, Continuous Daylight Saving Time was observed during World War II, referred to as War Time, and was reinstated during the 1973 oil embargo, and it greatly unpopular and detrimental to health and safety each time; and

WHEREAS, Daylight Saving Time is a policy issue for many states; and

WHEREAS, State legislation that provides for advances in time or changeover dates is superseded to the extent it differs from federal law under 15 U.S.C. § 260a; and

WHEREAS, The United States Secretary of Transportation enforces uniform application of 15 U.S.C. § 260a across all time zones; and

WHEREAS, Arizona, except for its Navajo Nation residents, Hawaii and the insular territories are exempt from the biannual time changes; and

WHEREAS, Without congressional action or individual state opt-out, Daylight Saving Time resumes on the second Sunday in March every year and ends on the first Sunday in November every year; and

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

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; and

WHEREAS, History shows only permanent Standard Time provides the most sustainable conditions for public support: Now, therefore,

Be it resolved by the House of Representatives of the State of Kansas, the Senate concurring therein: That the Kansas legislature urges the Congress of the United States to abolish Daylight Saving Time and restore permanent Standard Time for the whole nation; and

Be it further resolved: That the Chief Clerk of the House of Representatives shall send an enrolled copy of this resolution to the presiding officers of each chamber of Congress, each member of Congress from Kansas, and to the office of General Counsel of the United States Department of Transportation.

“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>

 **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://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/>

 **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**



SAVE STANDARD TIME

SaveStandardTime.com • Twitter.com/SaveStandard • info@SaveStandardTime.com • PO Box 40238, San Francisco CA 94140

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
Konstantin V Danilenko MD PhD, Institute of Physiology & Basic Medicine, Novosibirsk, Russia
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
Oscar Castanon-Cervantes PhD, Assistant Professor, Morehouse School of Medicine, Atlanta, Georgia
Joanna C Chiu PhD, Vice Chair, Department of Entomology & Nematology, University of California, Davis
Scott Cookson PhD, Quantitative BioSciences, San Diego, California
Jason DeBruyne, PhD, Associate Professor, Morehouse School of Medicine, Atlanta, Georgia
Grant Denn PhD, Physics Department Chair, Metropolitan State University of Denver, Colorado
Heinz Freisling MSc PhD, Epidemiologist, International Agency for Research on Cancer, Lyon, France
Frederic Gachon PhD, Group Leader, Physiology of Circadian Rhythms, Institute for Molecular Bioscience
Susan S Golden PhD, Director, Center for Circadian Biology, University of California, San Diego
Marijke CM Gordijn MS PhD, Chrono@Work, University of Groningen, Netherlands
Bill Griesar PhD, Northwest Noggin Neuroscience Outreach Group, Portland, Oregon
Liz Harrison PhD, Center for Circadian Biology, University of California, San Diego
Dietrich Henckel PhD, Professor, Technical University of Berlin, Germany
Erik Herzog PhD, Professor of Biology, Washington University, St Louis, Missouri
Myriam Juda PhD, Researcher, Simon Fraser University, Vancouver, British Columbia
Achim Kramer PhD, Professor of Chronobiology, Charité – Universitätsmedizin Berlin, Germany
Camilla Kring PhD, Speaker, Author, & Entrepreneur, Copenhagen, Denmark
Katja Lamia PhD, Associate Professor of Molecular Medicine, Center for Circadian Biology, UC San Diego
Andy LiWang PhD, University of California, Merced
Travis Longcore PhD, Institute of the Environment & Sustainability, University of California, Los Angeles
Emily Manoogian PhD, Postdoctoral Fellow, San Diego, California
Peter Mansbach PhD, Bethesda, Maryland
Erik Maronde PhD, Scientist, Frankfurt, Germany
Girish Melkani MS PhD, Associated Research Professor, San Diego, California
Martha Meroz PhD, Professor of Chronobiology, Ludwig Maximilian University of Munich, Germany
Matt Metzgar PhD, Clinical Professor of Economics, University of North Carolina, Charlotte
Ralph Mistlberger PhD, Professor, Simon Fraser University, Vancouver, British Columbia
João Nunes PhD, Biochemistry Researcher, Dresden, Germany
Marie Paroissaud PhD, Postdoctoral Associate, Scripps Research, La Jolla, California
Ketema Paul, PhD, University of California, Los Angeles
Linda Petzold PhD, Professor, University of California, Santa Barbara
Frank Powell PhD, Professor of Medicine, University of California, San Diego
Kendall Satterfield PhD, San Diego, California
Dorothy D Sears PhD, San Diego, California
Benjamin Smarr PhD, Professor of Bioengineering & Data Science, University of California, San Diego
Andrea Smit PhD, Researcher, Simon Fraser University, Vancouver, British Columbia
Barbara Sorg PhD, Legacy Research Institute, Portland, Oregon
Andrew Steele PhD, Associate Professor of Biological Sciences, California State Polytechnic University
Jennifer Thomas PhD, Professor, San Diego, California
Gianluca Tosini PhD, Chief Scientific Research Officer, Morehouse School of Medicine, Atlanta, Georgia
Roger Tseng PhD, Biological Scientist, USDA, Ames, Iowa
Judy Village PhD CCCPE, President, Association of Canadian Ergonomists, British Columbia
Daniel S Whittaker PhD, Los Angeles, California
Anna Wirz-Justice PhD, Professor Emeritus, Centre for Chronobiology, University of Basel, Switzerland
Irving Zucker PhD, University of California, Berkeley
Mariah Baughn MD, San Diego, California
Richard E Cytowic MD, Washington, DC
Mona Ezzat MD, San Diego, California
John F Gottlieb MD, Clinical Assistant Professor of Psychiatry & Behavioral Sciences, Chicago, Illinois
Royan Kamyar MD, Physician, La Mesa, California
Jack Kruse DMD MD, Neurosurgeon, New Orleans, Louisiana
Beth Malow MD MS, Medical Doctor & Researcher, Brentwood, Tennessee
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
Prof Kurt Niel, Grieskirchen, Austria