



Coalition for  
**Permanent  
Standard Time**

## **STANDARD TIME**

### *Advocate Road Map*

### **1. Identify your elected officials.**

- a. Federal: [Find Your Representative | house.gov](#)
- b. State: [State Legislature Websites | Congress.gov | Library of Congress](#)

### **2. Contact Your Legislator**

- a. Via email – request a meeting with the legislator or their staff (often you will meet with staff first, do not be offended!)
- b. Prepare for a meeting via zoom or in the local district office.
- a. If needed, an AASM representative can join you on the meeting.

### **3. Prepare for Meeting**

- a. Review talking points provided.
- b. Review position statements ([AASM](#), [SRS](#), etc.)
- c. Watch [SAVE STANDARD TIME: VIDEOS](#)
- d. Research local issue (farming, education, public safety, legislator specific issues)
- e. Know relevant bill numbers

### **4. Attend Meeting**

- a. Be prompt.
- b. Wear professional clothes.
- c. Bring or email One pager Info Sheet.
- d. Have 2-minute standard time pitch ready.
- e. Listen and take notes.
- f. Offer to provide materials, resources, and [draft bill text](#).

### **5. After Meeting and Beyond**

- a. Follow up with thank you note or email.
- b. Contact local allies for support (PTA, orthodox religious groups, state medical societies, etc.)

### **6. Above and Beyond: Testify on Bills**

- a. Depending on the state: written or oral testimony
- b. AASM can provide mock hearing prep.

## 7. Resources

- [Daylight saving time: an American Academy of Sleep Medicine position statement | Journal of Clinical Sleep Medicine \(aasm.org\)](#)
- [It is time to abolish the clock change and adopt permanent standard time in the United States: a Sleep Research Society position statement | SLEEP | Oxford Academic \(oup.com\)](#)
- [SAVE STANDARD TIME: VIDEOS](#)
- [Testifying Before Congress on DST | Alan Alda Center for Communicating Science \(stonybrook.edu\)](#)
- [Take Action - American Academy of Sleep Medicine – Association for Sleep Clinicians and Researchers \(aasm.org\)](#)
- [SRS advocacy page](#)
- [AMA calls for permanent standard time | American Medical Association \(ama-assn.org\)](#)