



Coalition for  
**Permanent  
Standard Time**

**PERMANENT STANDARD TIME**  
*Talking Points*

**Key Points**

- Seventy-five percent of Americans want to end the clock change.
- Permanent Standard Time is the healthiest and most politically viable way to end clock change.
- Permanent Daylight Saving Time is the wrong way to end clock change for the following reasons:
  1. DST causes long-term misalignment of our body rhythms affecting our ability to sleep and function well
  2. DST is bad for health- heart attacks, diabetes, obesity, cancer increase (not just caused by the switching of the clocks)
  3. DST is bad for mood- depression increases.
  4. DST is bad for safety- Fatal motor vehicle accidents and workplace injuries increase. Kids die at dark bus stops in AM.
  5. DST is bad for education- Teenagers and young adults are most harmed by pDST worsening graduation rate and test scores and increases delinquency.
  6. DST is bad for the economy- It worsens productivity and suffers from losses to education. Disproportionally affects workers with start times before 8 AM.
  7. DST is bad for energy- Utility bills from heating and air conditioning increase
  8. pDST has been tried before and quickly became unpopular.
  9. pDST would lead to 2 -4 months with sunrises from 8-10 am nationwide
  10. pDST is federally prohibited under current law.

## Key Endorsements:

American Medical Association (AMA)	National Sleep Foundation
American Academy of Sleep Medicine (AASM)	World Sleep Society
Society for Research in Biological Rhythms (SRBR)	Sleep Research Society
European Biological Rhythms Society (EBRS)	American College of Chest Physicians
European Sleep Research Society (ESRS)	Association of Canadian Ergonomists
American College of Occupational and Environmental Medicine	Start School Later
American Academy of Dental Sleep Medicine	National Safety Council
American Academy of Cardiovascular Sleep Medicine	Rabbinical Council of America
National Parent Teacher Association (PTA)	Agudath Israel of America
National School Boards Association	American Academy of Neurology (AAN)
American Thoracic Society	American Association of Public Health Physicians

Sample pST bills for each state available at <https://savestandardtime.com/legislation/> or by contacting ealbrecht@aasm.org.

Encourage others to go to the AASM Take Action page or text SST to 50409 to write to letter state and federal legislators.

For social media: #StandardTime, #SaveStandardTime, #PermanentStandardTime

## History

- Annual clock changes are unpopular (Only 25% support)
- The 1974 attempt at permanent Daylight Saving Time (pDST) quickly became unpopular (79% ->42%)
- Any state can choose to adopt permanent Standard Time (pST): via 1966 Uniform Time Act
- An act of Congress is needed for permanent DST.
- Coordinated time zones are important for transportation and economy

## Legislation

- Sunshine Protection Act S.623 for permanent DST unanimously passed Senate March 2022 in unannounced/undiscussed vote, but did not pass the House. Reintroduced with fewer co-sponsors
- 20 states have passed bills or resolutions to adopt pDST if allowed by congress
- Need more state level bills to show support for pST.
- State level bills can be written such that changes would not take effect until surrounding states also pass

## Circadian rhythms

- Circadian rhythms are internal biological clocks that regulate sleep/wake cycles and other body and brain functions
- Circadian time follows sun time, not watch or phone clock time
- Less morning light and more evening light during DST make it harder to fall asleep and wake up on time
- Permanent ST best aligns with our bodies' circadian rhythms.

## Studying effects of times and clock changes

- Short term effects of clock change tell us only about immediate short-term changes within days-weeks of clock change
- Long term data support pST
- Long Term data come from natural experiments, position in time zone, social jet lag, evening chronotype studies
- Permanent DST is more likely to negatively impact vulnerable populations.

## Sleep

- Sleep loss is only after spring clock change
- 1 hour later sunrises and sunsets within the same time zone (like Daylight Saving Time) is associated with 19 minutes less sleep per night
- Biggest effect on those who have to get to work or school before 8:30 AM
- Daylight Saving time increases evening chronotypes and social jet lag

## Short Term Effects of Clock Changes

- Spring clock change from standard time to daylight saving time is bad for sleep and circadian rhythms.
- Heart attacks and strokes increase.
- Sleepiness and attention problems increase, which increases safety risks like motor vehicle crashes and work-place injuries
- Ending seasonal clock change can reduce these short-term effects.

## Long Term effects on Health

- Permanent Daylight Saving Time will increase health problems
- The effects will be greatest in teenagers, parents of school children and those with early start times
- The costs of these health problems are in the billions per year
- Daylight saving time harms brain health and function.

## Activity and Obesity

- DST may not increase physical activity.
- DST can increase risk of sports injury and worsen sports performance.
- DST increases risk of obesity & Type 2 diabetes.

## Mental Health

- Light, sleep and circadian rhythms are closely linked to mental health disorders.
- Morning light improves mood and evening light can be harmful.
- Later sunrises and sunsets are associated with higher suicide rates.
- Permanent standard time is the best for winter depression. Permanent Daylight Saving Time is even worse than Seasonal Daylight Saving Time for mood.

## School and Work

- Daylight saving time tricks us into getting up early for work and school
- DST affects brain function and development and ability to learn and remember.
- DST is associated with worse academic performance and graduation rates that disproportionately affect lower income families.
- DST decreases productivity and increases workplace errors and worsens workplace safety, which can have an economic impact

## Motor Vehicle Accidents

- Sleep and circadian misalignment are more important than light on driving risk
- Ending seasonal Daylight Saving Time will reduce short-term risks from clock change
- Permanent Standard time will reduce long-term drowsy driving risks especially in teenagers.
- Permanent Standard time will improve the safety of children at school bus stops, due to more light in the morning.

## Energy

- Saving energy from decreasing electrical lighting is outdated
- Gasoline sales increase during Daylight Saving Time
- Heating and cooling use increases during Daylight Saving Time leading to higher electricity bills and more pollution.
- People who are awake use more energy

## Key References

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