

Welcome Current and Future Standard Time Champions!



Sleep
Research
Society®

AASM
American Academy of
SLEEP MEDICINE™



Coalition for
**Permanent
Standard Time**



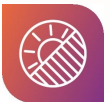
NATIONAL SLEEP
FOUNDATION



Society for Research on
Biological Rhythms



SAVE STANDARD TIME



The Joys of Advocacy

- **What is Advocacy?**
- **Why be an Advocate?**
 - Meaningful
 - Stimulating
 - FUN





SUBSCRIBE



1A

The Daylight Saving Debate

March 14, 2022 · 3:11 PM ET



32-Minute Listen

+ PLAYLIST



THE TENNESSEAN

All-year standard time is healthier than daylight saving time or changing clocks | Opinion

Let Tennessee legislators know it's time to choose the healthier choice and keep the clocks turned back for good this November- to stay on year-round Standard Time.

Beth Malow Guest Columnist

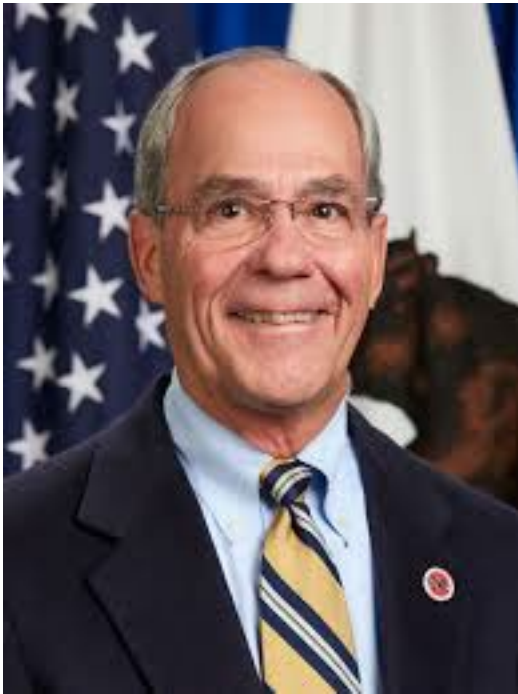
Published 6:02 p.m. CT Nov. 15, 2022

Plan for This Afternoon



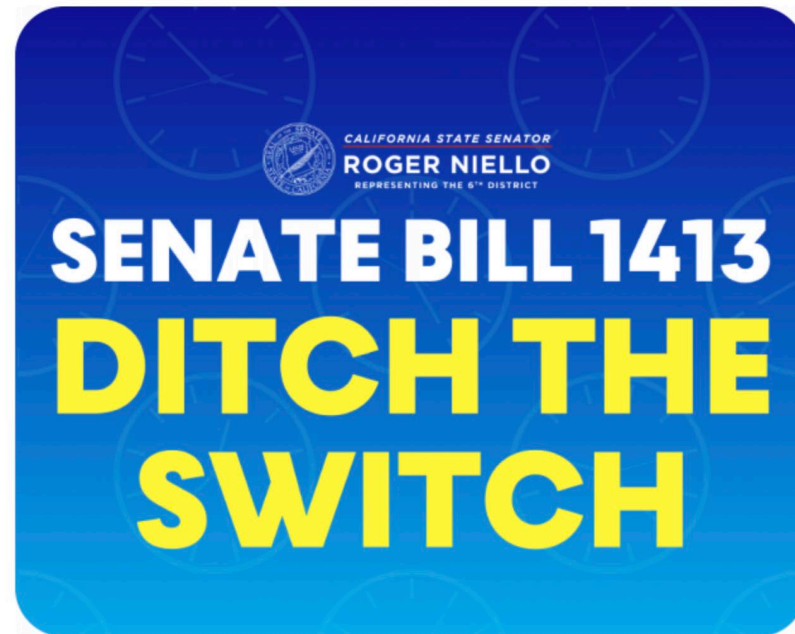
- **Reasons for Supporting pST-** Senator Roger Niello, R, California
- **Advocacy and Story Telling-** Dr. Kin Yuen
- **Becoming a Standard Time Champion** – Dr. Karin Johnson
- **Brief Q and A**
- **Breakout Groups**
 - **Crafting Effective Messages-** Beth Malow and Lynne Lamberg
 - **Communicating with Legislators-** Karin Johnson and Kin Yuen
- **Wrap-Up/Call to Action/Next Steps**

Roger Niello



- State Senator representing California's 6th District

SB 1413 – Permanent Standard Time





Advocacy and Story Telling

Kin M Yuen, MD, MS

Agenda

- Why advocate
- Where to start
- Social media
- Unique point of view
- Call to action

A group of people are gathered in a meeting. In the foreground, a woman with dark hair in a ponytail is looking towards the left. Behind her, a man in a light blue shirt is partially visible. To the right, two women are standing and looking in the same direction. The background features a whiteboard with handwritten notes: "hotel", "alcohol", "pool", and "Shopping".

My involvement

Start School Later Movement

Clinical patients struggling with delayed sleep

Public Safety
Committee:
paper on
standard time

Neutral stance evaluating sciences available; research was mixed

Medical errors, adverse outcomes favored abolishing Daylight Saving

Media engagement: interviews, op-ed articles

Your point of view and your story



Called to testify in Sacramento, CA

Story Telling

Clinical Work with Delayed Sleep Phase

- Teens
- Adults

Unable to adapt to earlier time

Worsened when Daylight Saving Time began

Mother of child with DSPS

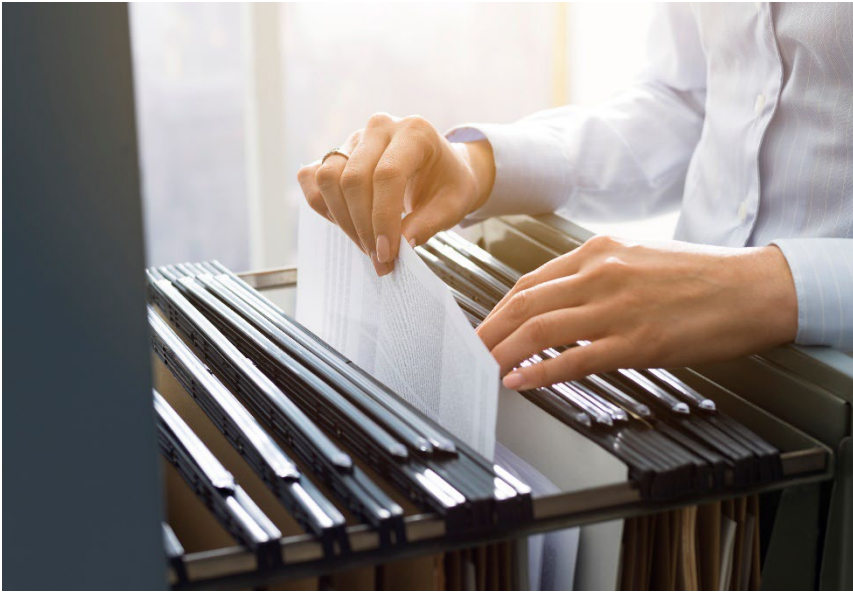
Patients who could not change their work schedule:

Socioeconomic

Caregiver

Limited resources





Do you believe in the message?

Clear delivery

Rehearse

Be patient

Repeat

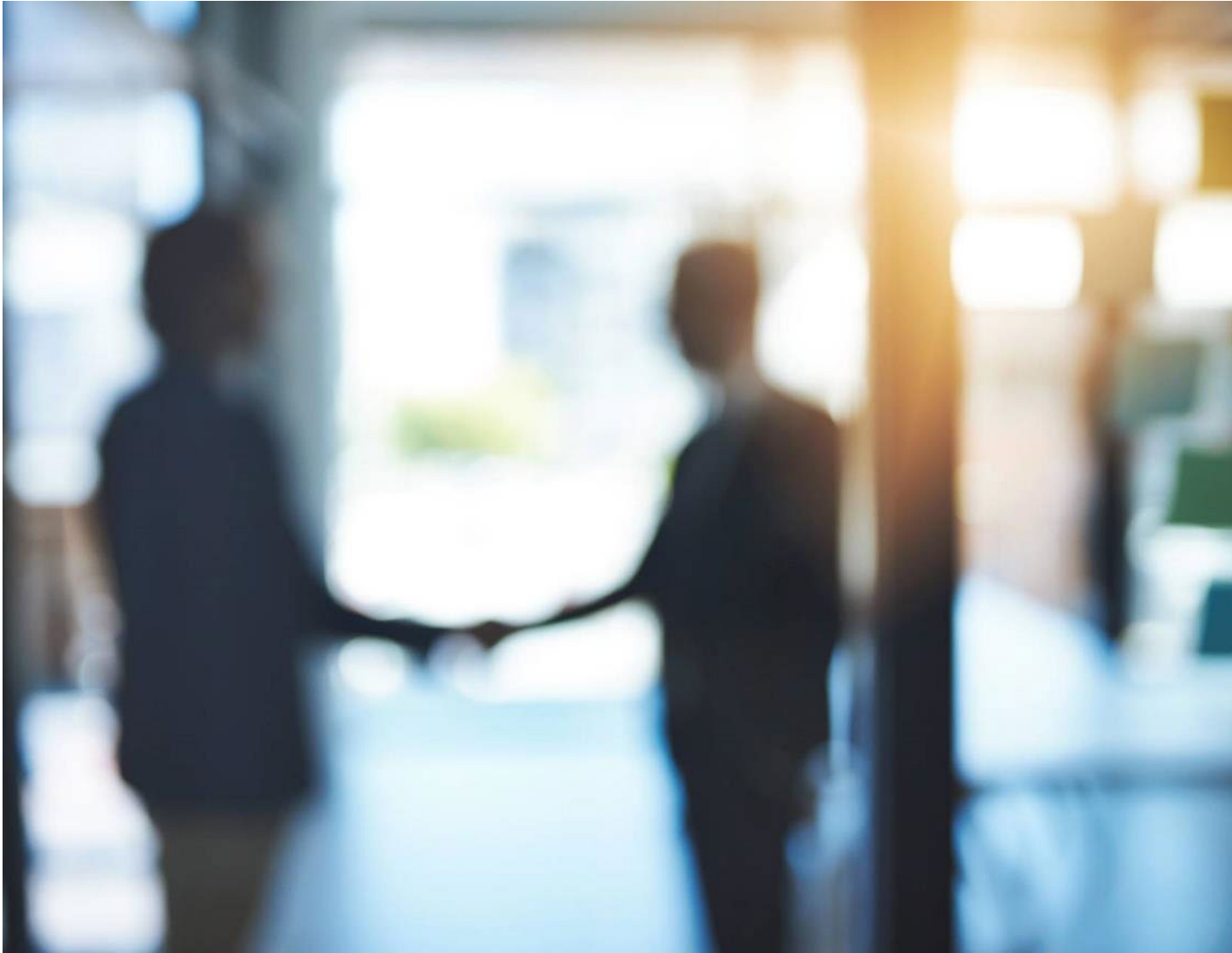


Outreach

Bills need senate and assembly sponsors

- Work local representative's office
- Send letters to your district/committee members
- Ask for meeting
- Introduce sleep medicine
- Follow up regularly
- Invite representative/senator to sleep function

1. Know your material in advance
2. Anticipate common questions
3. Rehearse your responses



Thank you

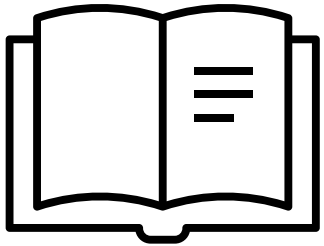
Kin M Yuen, MD, MS

kin.yuen@UCSF.edu

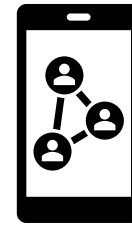
kyuen@stanford.edu

Become a Standard Time Champion

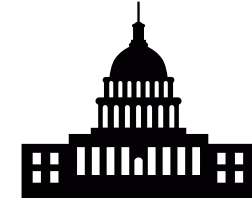
Learn



Educate

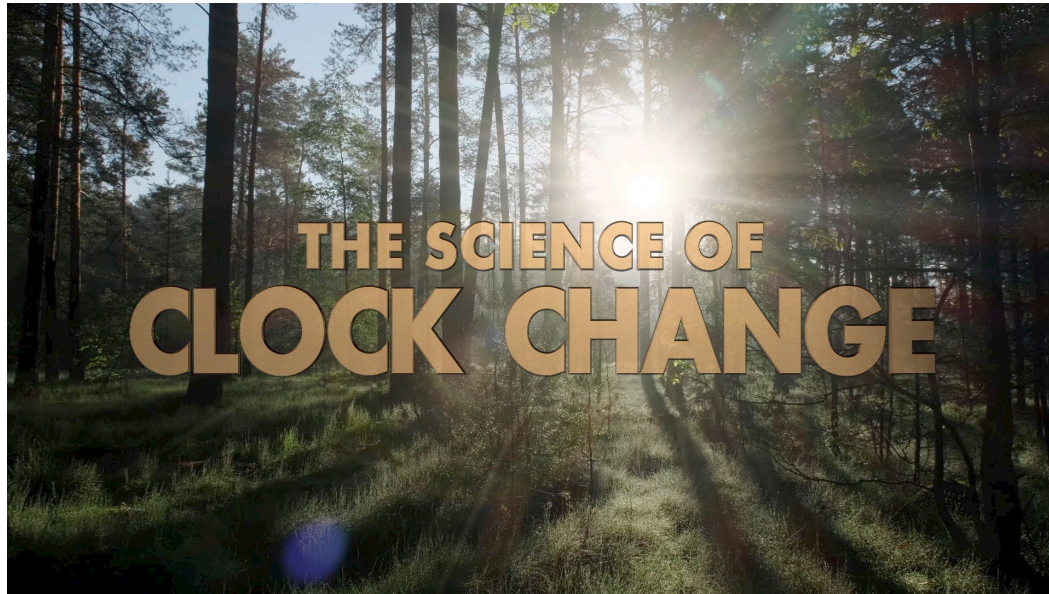


Advocate



Learn

Understand the choice between permanent standard time, permanent daylight saving time and seasonal clock change on both **short-term** (clock change period) and **long-term** effects of clock time on physical and mental health, safety, energy, education and economy



[Videos](#)

[Podcasts](#)

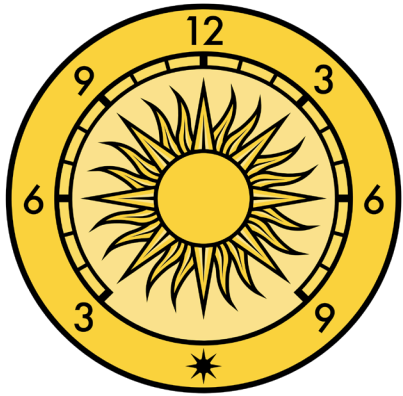
[Legislative Hearings](#)

[Position Statements](#)

[Journal Articles](#)

[Lay Press](#)

Learn



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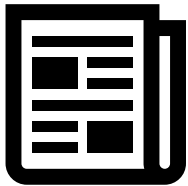
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Educate

Educate others about the difference between permanent standard time and permanent daylight saving time and seasonal clock change



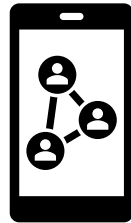
Give a
lecture



Write an
Op-ed



Podcast Guest
or
Media Interview



Post on
Social Media



Talk to
Family,
Friends,
Co-workers,
Community
Connections



Write a
Review Article



Perform and
Publish Research

Advocate

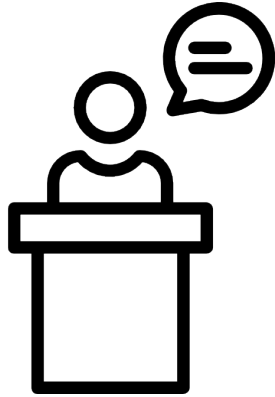
Take part in permanent standard time advocacy



Share your
Standard Time
Story



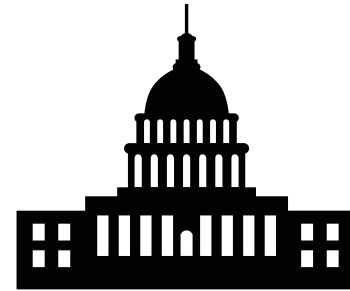
Encourage
legislators to
sponsor new
and support
existing
standard time
bills



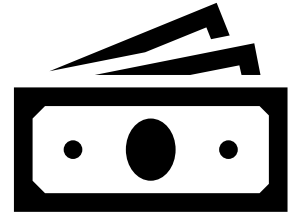
Testify for ST
bills and
against DST
bills



Encourage local
businesses,
unions,
community and
business groups
to endorse The
Coalition for
permanent
Standard Time



Meet with state
and federal
legislators



Donate time
and money

PERMANENT TIME LEGISLATION IN NORTH AMERICA 2024

pST = permanent Standard Time
pDST = permanent Daylight Saving Time
Canadian law permits any time.
US law prescribes DST, permits pST, prohibits pDST.
Mexican law prescribes pST.

Passed & Implemented:

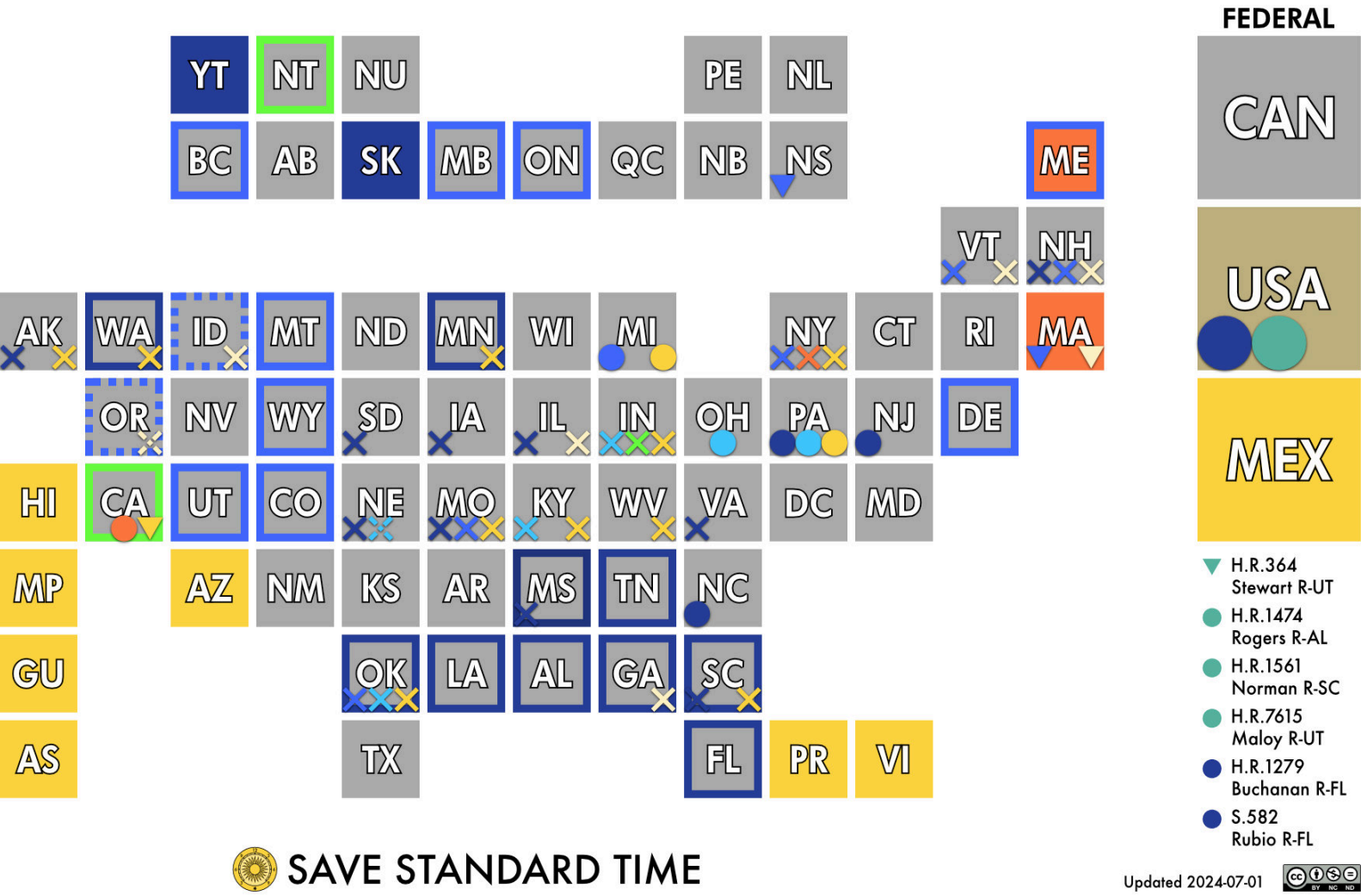
- pST observation
- pST permission for states
- pST/pDST study
- pDST observation
- none

Passed, Awaiting Further Action:

- pST/pDST study
- pST or pDST observation (to be determined)
- pDST request to current Congress
- pDST observation in one zone by pact
- pDST observation by pact
- pDST observation

Currently Considered:

- pST observation
- pST observation by pact
- pST/pDST study
- pST or pDST observation (to be determined)
- pDST permission for states
- pDST request to Congress
- pDST observation by pact
- pDST observation
- in one zone only (color indicates type)
- stalled (color indicates type)
- failed (color indicates type)



Breakouts

- **Crafting Effective Messages**
 - Beth Malow and Lynne Lamberg
- **Communicating with Legislators**
 - Karin Johnson and Kin Yuen

Next Steps

Add “Standard Time Champion” to your CV, with specific items of what you have done (letters to the editor, op-eds, emails to legislators)

Visit DitchDST.com and join the Coalition for Permanent Standard Time



Coalition *for*
**Permanent
Standard Time**