



SAVE STANDARD TIME

The best clock for health, safety, education, economy, environment, civil liberties, and lasting approval.

2021 April 15

Committee on State & Local Government
Maine State Legislature
100 State House Station
Augusta, Maine 04333

Re: LD-826: Oppose. Amend to include study of permanent Eastern Standard Time. Amend to include study of health, safety, and education effects.

Dear Honorable Committee Members,

LD-826 seeks to study permanent Atlantic Standard Time. However, Maine is almost entirely located within the longitudes of Eastern Standard Time (EST). Atlantic Standard Time in Maine is simply permanent Daylight Saving Time (DST) by another name, which is unanimously opposed by advocates for health, safety, and education.

Furthermore, LD-826 seeks to study only the immediate economic effects of permanent DST. However, civil clocks unavoidably affect the public's health, safety, and education—issues which themselves affect the economy. It is therefore a diversion from what should be this body's primary concern: the physical and mental well-being of the public at large.

Scores of organizations representing thousands of scientists/doctors and millions of teachers/parents oppose permanent DST and endorse longitudinally correct, permanent Standard Time. Among these are the National PTA, National Safety Council, American Academy of Sleep Medicine, American College of Chest Physicians, National Sleep Foundation, American College of Occupational & Environmental Medicine, Start School Later, Society for Research on Biological Rhythms, Association of Canadian Ergonomists, and Canadian Society for Chronobiology (example expert statements enclosed).^{[AASM][CSC][NSF][RIVM][SRBR]}

Permanent EST is the quickest way to end clock change, as the Uniform Time Act pre-approves any state's self-declared exemption from DST and restoration of longitudinally correct, permanent Standard Time. Recent scientific polling shows strong public support to end clock change, with slight preference for longitudinally correct, permanent Standard Time.^[AP] History shows support for permanent DST reverses into strong opposition once its forced early waking in dark, cold winter mornings is experienced. Permanent DST has repeatedly failed around the world; it was a deadly disaster in the US in 1974.^{[BBC][Ripley][Yorkshire]}

With EST, your sunrises never come later than 8am (when most work and school days start^{[CDC][Silver]}). Permanent DST would delay sunrises in Maine to 8:22am, and past 8am up to 2.2 months (photos enclosed). It would depress and endanger schoolchildren and workers. It would undo the benefits of starting school later.^{[Cell][Skeldon]} Permanent EST instead preserves morning sunlight, when human biology needs it most.^{[AASM][CSC][Juda][RIVM][Roenneberg][SRBR]}

Sleep is essential to viral immunity (including COVID),^{[Meira][Panda][Ray]} and for 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 (estimated average 19 minutes nightly).^{[CSC][Giuntella][Roenneberg]} Artificial delay of sunrise by one hour each day (such as by DST) manifests as statistically significant increases in accidents, disease (certain cancers up 12–36%), and healthcare costs, and as statistically significant decreases in learning, productivity, and earnings (individual wages down 3–5%).^{[CSC][Gibson][Giuntella][Gu][Juda][RIVM][Roenneberg]} It's not just clock change that harms, but also DST's forced early waking. Permanent EST lets us sleep.^{[AASM][SRBR]}

Please oppose LD-826 and recommend its amendment to include study of permanent EST and study of health, safety, and education effects.

Sincerely,



Jay Pea

Founder & President

jay@savestandardtime.com

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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 Education Association
National Safety Council	American Academy of Sleep Medicine
American College of Chest Physicians	American Federation of Teachers
National Sleep Foundation	National School Boards Association
American College of Occupational/Environmental Medicine	B-Society
Start School Later	American Academy of Dental Sleep Medicine
Rabbinical Council of America	European Sleep Research Society
Society for Research on Biological Rhythms	Agudath Israel of America
Florida PTA	Society of Anesthesia & Sleep Medicine
World Sleep Society	German Teachers' Association
European Biological Rhythms Society	International Alliance for Natural Time
French Society for Sleep Research & Medicine	Society of Behavioral Sleep Medicine
National Commission for Rationalization of Spanish Hours	American Academy of Cardiovascular Sleep Medicine
California Islamic University	Portuguese Sleep Association
Agudath Israel of Florida	Society for Light Treatment & Biological Rhythms
Francophone Chronobiology Society	Rabbinical Council of California
Association of Canadian Ergonomists	Agudath Israel of California
Good Light Group	Northwest Noggin Neuroscience
Catalunya Advisory Council for Timetable Reform	Agudath Israel of Chicago
California Sleep Society	Daylight Academy
Michigan Academy of Sleep Medicine	Kentucky Sleep Society
Ohio Bicycle Federation	Maryland Sleep Society
Wisconsin Sleep Society	Australasian Chronobiology Society
Canadian Society for Chronobiology	Cuyahoga Astronomical Association
Southern Sleep Society	Adath Israel San Francisco
Normal Time All the Time	Tennessee Sleep Society
German Society for Time Policy	Curtis Clock Lab
Missouri Sleep Society	Capitol Neurology
Solaris Fatigue Management	Stephens Memorial Observatory
Sleep Medicine Association Netherlands	Dutch Society for Sleep-Wake Research
Chronobiology Lab Groningen	Dakota Sleep Society
Better Times Platform	Barcelona Time Use Initiative for a Healthy Society

Individuals (non-comprehensive list)

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Elizabeth B Klerman MD PhD, Associate Professor, Harvard Medical School, Boston, Massachusetts
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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
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 Hugo Calligaro PhD, San Diego, California
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 Scott Cookson PhD, Quantitative BioSciences, San Diego, California
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 Dietrich Henckel PhD, Professor, Technical University of Berlin, Germany
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 Achim Kramer PhD, Professor of Chronobiology, Charité – Universitätsmedizin Berlin, Germany
 Camilla Kring PhD, Speaker, Author, & Entrepreneur, Copenhagen, Denmark
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 Girish Melkani MS PhD, Associated Research Professor, San Diego, California
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 Frank Powell PhD, Professor of Medicine, University of California, San Diego
 Kendall Satterfield PhD, San Diego, California
 Dorothy D Sears PhD, San Diego, California
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 Melissa A St Hilaire PhD, Instructor, Harvard Medical School, Boston, Massachusetts
 Andrew Steele PhD, Associate Professor of Biological Sciences, California State Polytechnic University
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 Daniel S Whittaker PhD, Los Angeles, California
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 Irving Zucker PhD, University of California, Berkeley
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 Royan Kamyar MD, Physician, La Mesa, California
 Jack Kruse DMD MD, Neurosurgeon, New Orleans, Louisiana
 Beth Malow MD MS, Medical Doctor & Researcher, Brentwood, Tennessee
 Melody T McCloud MD, Obstetrician-Gynecologist, Atlanta, Georgia
 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

Atlantic Time in Maine Is Permanent DST

Forces early waking—decreases immunity and alertness.

Experts Urge Permanent Eastern Standard Time Instead

Longitudinally correct—best for health, safety, and education.

“Permanent, year-round Standard Time is the best choice to most closely match our circadian sleep–wake cycle.

Daylight Saving Time results in more darkness in the morning and more light in the evening, disrupting the body’s natural rhythm.”

Muhammad Adeel Rishi MD
Mayo Clinic & American Academy of Sleep Medicine

<https://aasm.org/american-academy-of-sleep-medicine-calls-for-elimination-of-daylight-saving-time/>

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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/>

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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.

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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/>

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.

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8:02am 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/>

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“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/>

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