



# SAVE STANDARD TIME

2025 February 3

Maine State Legislature  
210 State Street  
Augusta, Maine 04330

Re: **Yes on LD 4 (EST). No on LD 3 (EDT)**. Ditch DST, as federally approved and best for health and safety.

Dear Honorable Legislators,

Please support LD 4 to eliminate Daylight Saving Time (fast time) and restore permanent Standard Time (natural time). This is the quickest, healthiest, safest, fairest, most economical, and most lasting way to end disruptive and deadly clock changes, as supported by history, science, first principles, and federal law. Please oppose LD 3, which regrettably seeks the opposite.

Permanent Standard Time is the only federally approved way to end biannual clock changes, as most people wish to do. Standard Time is the honest clock, set to the sun, also known for this reason as natural time or God's time. Standard Time balances morning and evening sunlight fairly. Its benefits to circadian health naturally improve immunity, longevity, mood, alertness, and performance in school, sports, and work. Standard Time protects start times for schoolchildren, commuters, outdoor laborers, and service personnel. It lets most people sleep naturally past sunrise most days, and it makes bedtimes easier for families. Permanent Standard Time has been observed without incident in Arizona, Hawaii, all five US territories, and most nations for decades. Most of Mexico restored permanent Standard Time in late 2022. More American states have permanent Standard Time bills than ever before, including Massachusetts, New York, New Jersey, Pennsylvania, Virginia, North Carolina, and South Carolina. Permanent Standard Time recently passed the North Dakota House floor and the Utah House committee.

Permanent DST is worse than the status quo. It would put Maine sunrise past 8am for 2 months, as late as 8:20am. It has failed repeatedly, sometimes with loss of life. DST is a fast clock, set an hour ahead of Standard Time. Moving clocks to DST acutely deprives sleep; leaving clocks on DST chronically deprives sleep. DST's circadian misalignment increases accidents, illnesses, and health costs. It decreases learning, productivity, and earnings. Permanent DST would mandate constituents to wake an hour early all winter in cold darkness. It would deprive sunlight from mornings, when it's needed most. It would revert benefits of starting school later. It would delay morning news broadcasts until most people begin work. It would increase residential heating and air conditioning. It would disrupt sun-timed prayers. Fewer states have permanent DST bills than before, and federal bills for permanent DST have fewer sponsors. Anyone who likes DST can choose to wake him/herself earlier.

Scores of organizations and thousands of researchers, physicians, teachers, parents, religious leaders, and journalists on the right and left oppose DST and endorse permanent Standard Time. Among these are the Sleep Research Society, Society for Research on Biological Rhythms, National Sleep Foundation, American Academy of Sleep Medicine, American Academy of Neurology, American Thoracic Society, American College of Chest Physicians, National Safety Council, American College of Occupational & Environmental Medicine, editorial boards of *Bloomberg*, *Orlando Sentinel*, *Minnesota Star Tribune*, *Oregonian*, *South Florida Sun Sentinel*, *Daytona Beach News-Journal*, contributors to Daily Wire, PragerU, Human Events, Cato, *Breaking Points*, John Locke Foundation, and many more.

Please hear the nonpartisan consensus of history, science, and first principles. Save time, money, and lives. Join the growing movement to ditch DST and restore natural permanent Standard Time.

Sincerely,

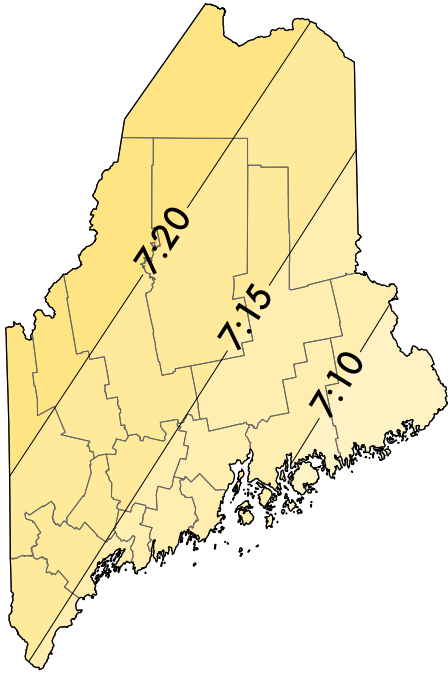
Jay Pea  
President

[jay@savestandardtime.com](mailto:jay@savestandardtime.com)

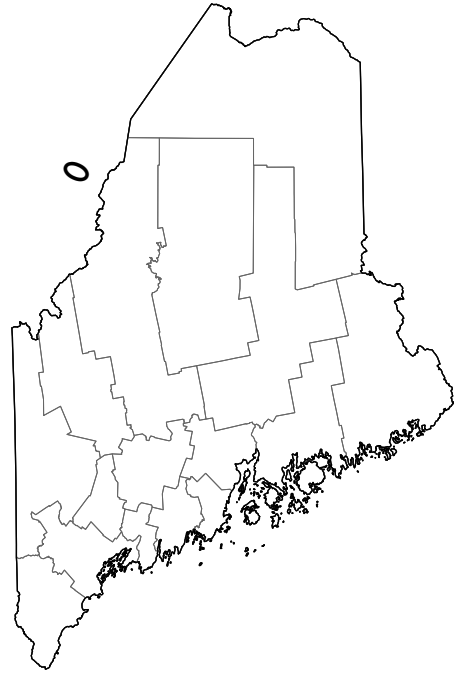
Citations: [savestandardtime.com/summary](https://savestandardtime.com/summary)

# PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises



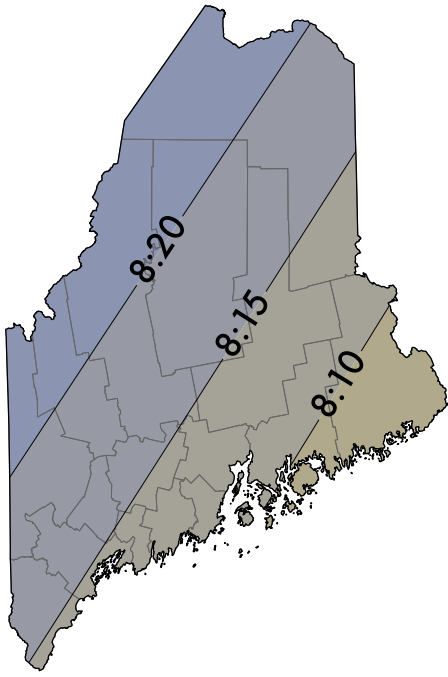
Days with Post-8am Sunrise



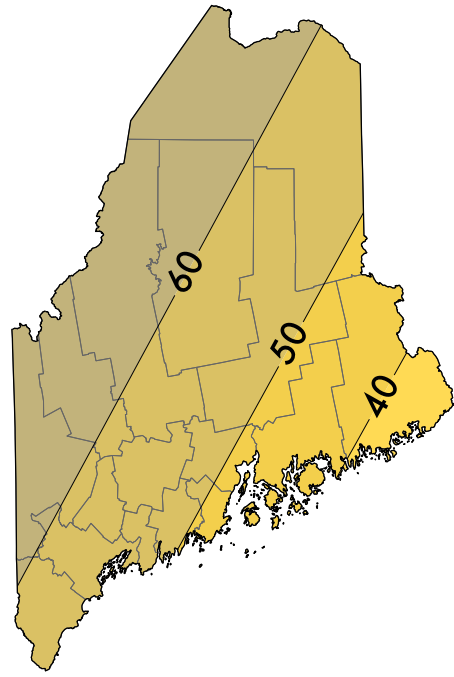
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# PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

Time of Latest Sunrises



Days with Post-8am Sunrise



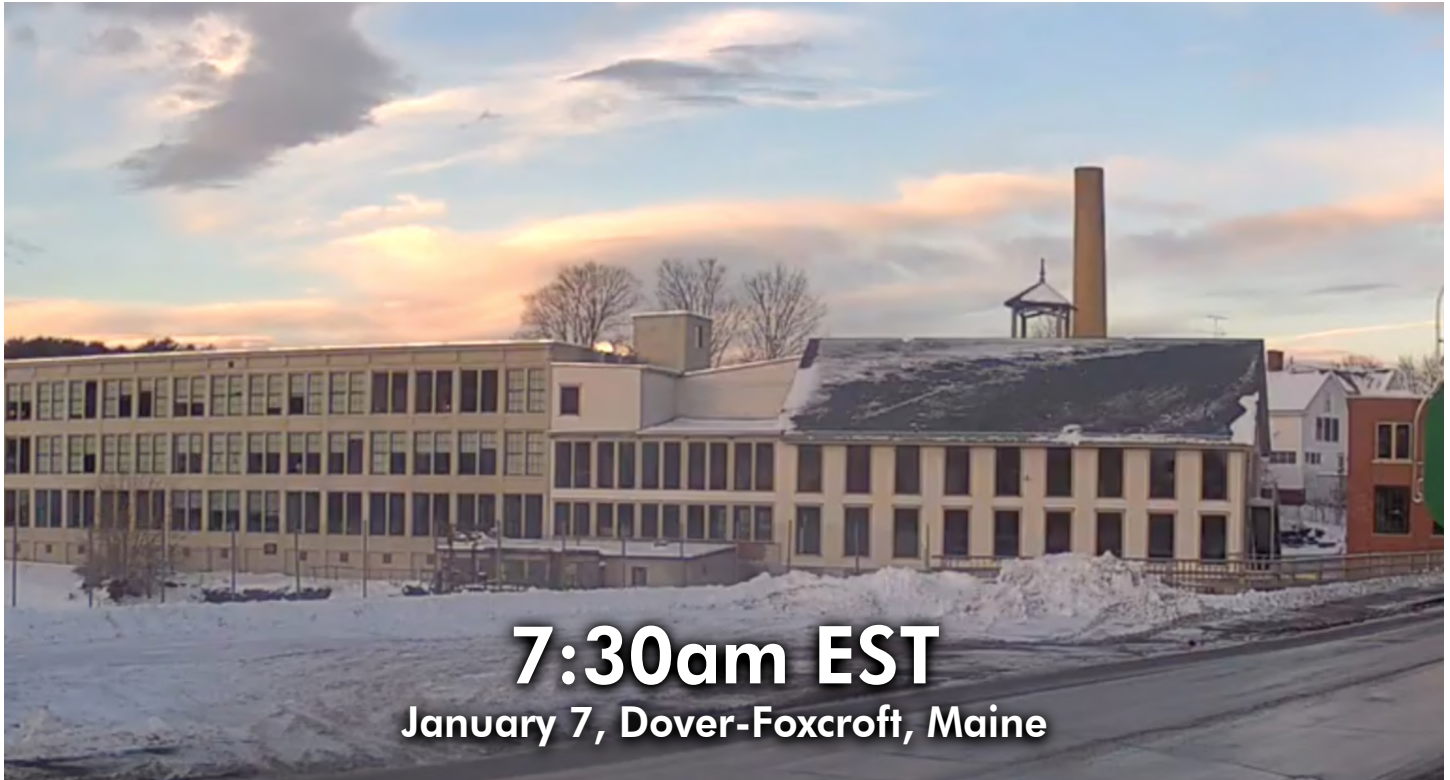
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Morning sunlight is essential to health, mood, safety, learning, and productivity.  
Most work and school days in the United States start at or before 8am.  
Latest winter sunrises occur from late December to mid-January.



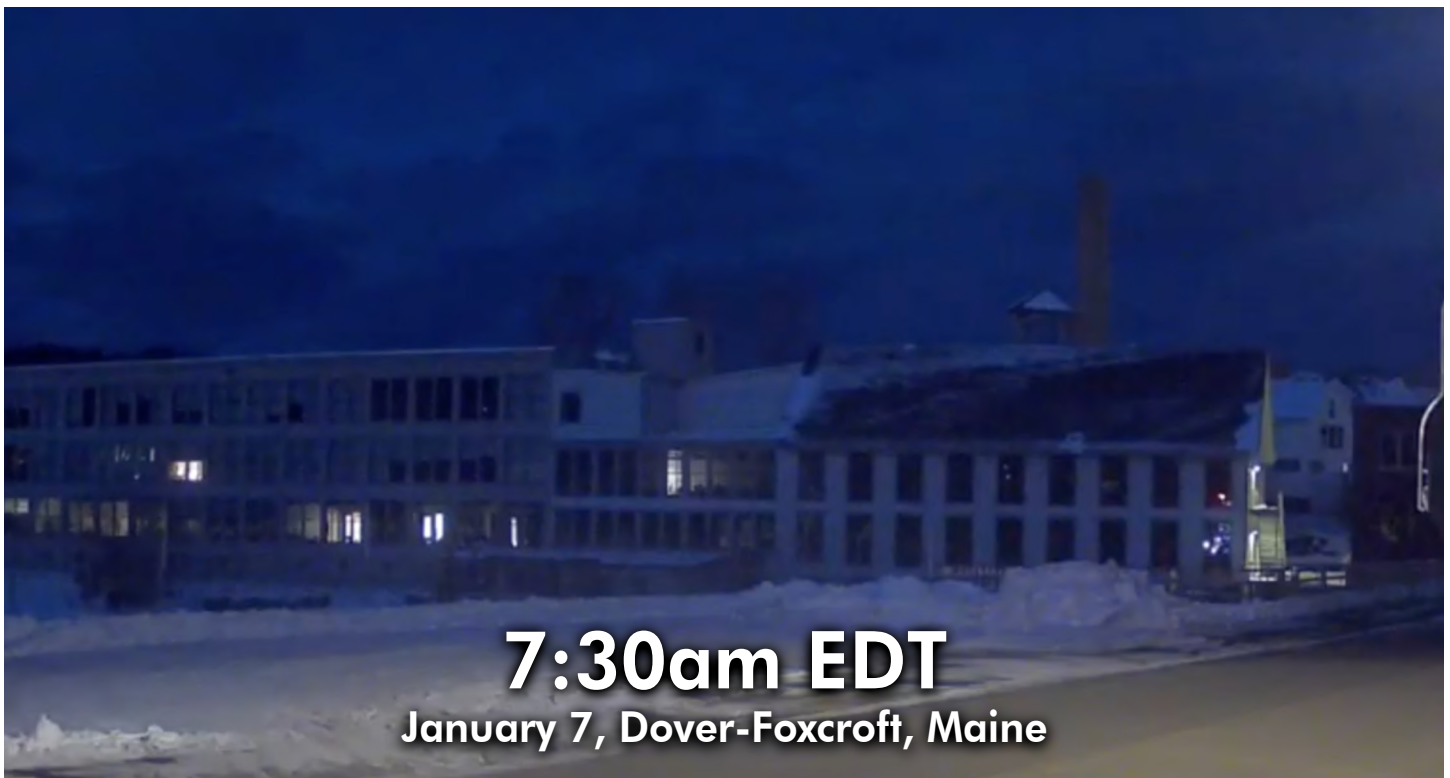
## **PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT**

Standard Time lets us sleep longer—for mood, health, safety, learning, and productivity.



## **PERMANENT DAYLIGHT SAVING TIME (FAST TIME) MAKES SUNRISE TOO LATE**

Daylight Saving Time is a mandate to wake an hour earlier than Standard Time every day.





# SAVE STANDARD TIME

## POSITION STATEMENTS

### **American Academy of Sleep Medicine**

The United States should eliminate seasonal time changes in favor of permanent Standard Time, which aligns best with human circadian biology... Evidence supports the distinct benefits of Standard Time for health and safety, while also underscoring the potential harms that result from seasonal time changes to and from Daylight Saving Time...

### ***Bloomberg***

Standard Time is better aligned with the position of the sun and human nature. It generally synchronizes waking with sunrise and bedtime with darkness, in accordance with circadian rhythms. It enables children and adults to go to school and work in daylight. Daylight Saving Time effectively does the reverse...

### **Canadian Sleep Research Consortium**

Natural time, defined by the sun, is the best option for health, mood, safety, education, and productivity. Why abolish Daylight Saving Time and maintain Standard Time? The issue of time change is complex, but the evidence is clear: It is in the best interests of public health to abolish time change and maintain Standard Time permanently...

### **Canadian Sleep Society**

Optimal sleep and optimal alignment of the human circadian clock with daytime activities is achieved with Standard Time. Not only does Daylight Saving Time induce sleep deprivation at its inception in the spring, but it enforces later darkness during the summer, favoring delayed bedtime, social jet lag, and more sleep loss...

### **Canadian Society for Chronobiology**

Standard Time puts the social clock closer to our intrinsic body clock, our circadian rhythm, which is set by the dawn. Daylight Saving Time moves dawn later, and creates social jet lag due to mismatch between our biological drive to wake up near dawn and the social demands for us to stay up later...

### ***The Minnesota Star Tribune***

To make Daylight Saving Time permanent would be a mistake... Standard Time is the clear choice. It provides more early daylight and most closely aligns with the body's natural wake-work-sleep rhythms. Misalignment has been linked to "increased cardiovascular disease risk, metabolic syndrome, and other health risks"...

### **National Sleep Foundation**

Daylight Saving Time forces biological clocks out of sync with the rising and setting of the sun. The link between our biological clock and the sun is crucial to health... Seasonal time changes are disruptive. Evidence supports permanent Standard Time because of its alignment with our circadian biology and relevance to sleep health and safety...

### ***The Oregonian***

For Oregonians, keeping clocks on Daylight Saving Time year-round would mean sunrise after 8am for 106 days each year... Make sure Oregon remains in Standard Time. The marginal benefit of an extra hour of light during a limited number of summer evenings is not worth spending a third of the year's mornings in darkness...

### **Sleep Research Society**

Daylight Saving Time causes sleep loss, circadian misalignment, dysregulation of melatonin and cortisol, stress, altered metabolism, and inflammation. This would occur year-round if Daylight Saving Time were permanent. The evidence supports abolishing Daylight Saving Time and adopting permanent Standard Time...

### **Society for Research on Biological Rhythms**

Based on comparisons of large populations living in Daylight Saving Time or Standard Time, or on western versus eastern edges of time zones, the advantages of permanent Standard Time outweigh switching to Daylight Saving Time annually or permanently... If we want to improve human health, we should not fight against our body clock...

### ***South Florida Sun Sentinel***

We agree Congress should end the twice-a-year annoyance of changing clocks. The loss of an hour from the shift to Daylight Saving Time is especially hard. The better change, though, would be to make Standard Time—what farmers once called "God's Time"—permanent. As experts pointed out, it's the natural way to go...

**MORE AT [SAVESTANDARDTIME.COM/STATEMENTS](https://www.savestandardtime.com/statements)**





# SAVE STANDARD TIME

## Endorsements of Permanent Standard Time as the Best Year-Round Clock

The following endorse permanent Standard Time (natural time), not permanent Daylight Saving Time (fast time), as the best way to end clock change. This list is non-comprehensive. More at: [savestandardtime.com/endorsements](http://savestandardtime.com/endorsements)

### Health

Alabama Board of Medical Examiners & Licensure  
Alliance for Headache Disorders Advocacy  
American Academy of Cardiovascular Sleep Medicine  
American Academy of Dental Sleep Medicine  
American Academy of Neurology  
American Academy of Otolaryngology–Head & Neck  
American Academy of Sleep Medicine  
American Association of Public Health Physicians  
American Association of Sleep Technologists  
American College of Chest Physicians  
American College of Lifestyle Medicine  
American Medical Association  
American Society for Metabolic & Bariatric Surgery  
American Thoracic Society  
California Medical Association  
California Sleep Society  
Canadian Sleep Research Consortium  
Canadian Sleep Society  
Canadian Society for Chronobiology  
Capitol Neurology  
Dakota Sleep Society  
Hampden District Medical Society

Indiana State Medical Association  
Kentucky Sleep Society  
Kimmey Lab, University of California, Santa Cruz  
Massachusetts Medical Society  
Michigan Academy of Sleep Medicine  
Missouri Sleep Society  
Montana Sleep Society  
National Sleep Foundation  
Northwest Noggin Neuroscience  
Rhode Island Medical Society  
San Diego Academy of Child & Adolescent Psychiatry  
San Diego Psychiatric Society  
Sleep Research Society  
Society for Light Treatment & Biological Rhythms  
Society for Research on Biological Rhythms  
Society of Anesthesia & Sleep Medicine  
Society of Behavioral Sleep Medicine  
Southern Sleep Society  
Tennessee Sleep Society  
Wisconsin Sleep Society  
World Sleep Society

### Education & Families

Anne Arundel County Public Schools  
Colorado Parent–Teacher Association  
Florida Parent–Teacher Association  
League of Women Voters of Delaware County

Maryland Association of Boards of Education  
National Parent–Teacher Association  
Regional Adolescent Sleep Needs Coalition  
Start School Later

### Safety & Labor

American College of Occupational/Environmental Med  
Association of Canadian Ergonomists  
B-Society  
Daylight Academy

Good Light Group  
National Safety Council  
Solaris Fatigue Management  
USA Weather, Dallas–Fort Worth, Texas

### News Editorial Boards

*Bloomberg Opinion*  
*The Daytona Beach News–Journal*  
*Minnesota Star Tribune*

*The Oregonian*  
*Orlando Sentinel*  
*South Florida Sun Sentinel*

### General

Agudath Israel of America  
Agudath Israel of California  
Agudath Israel of Maryland  
California Islamic University  
Campaign to Opt Out of Daylight Saving Time in Texas  
Cuyahoga Astronomical Association

Gulf Coast Fabrian  
Ohio Bicycle Federation  
Rabbinical Council of America  
Rabbinical Council of California  
Working Time Society  
Yes Watch

Endorsement of permanent Standard Time policy is not endorsement of Save Standard Time Inc.



# SAVE STANDARD TIME

	Permanent Daylight Saving Time (Fast Time)	Permanent Standard Time (Natural Time)
<b>Morning Sunlight</b>	Forces most people to start school or work before sunrise in winter.	Lets most people see light in morning (when biology needs it most) year-round.
<b>Circadian Alignment</b>	Misaligns clocks from circadian rhythms.	Aligns clocks to circadian rhythms.
<b>Sleep Health</b>	Forces most people to wake by alarm before dawn in autumn, winter, and spring. Dark mornings make waking harder. Light at night makes sleep harder.	Lets most people sleep naturally past dawn year-round. Bright mornings make waking easier. Darkness at night makes sleep easier.
<b>Mental &amp; Physical Health</b>	Increases depression, substance abuse, obesity, high blood pressure, stroke, heart disease, diabetes, and cancer.	Improves mood, neurological health, stress resilience, weight balance, heart health, immunity, and longevity.
<b>Safety &amp; Crime</b>	Increases accidents and injury recovery times.	Improves alertness and decision-making.
<b>Education &amp; Economy</b>	Impairs school performance. Decreases workplace productivity and wages.	Improves school performance. Increases workplace productivity and wages.
<b>Farmers &amp; Construction Workers</b>	Shortens morning light needed for outdoor labor and all-day alertness.	Preserves morning light needed for outdoor labor and all-day alertness.
<b>Energy &amp; Environment</b>	Darker mornings increase demand for morning heat. Brighter evenings increase demand for evening A/C.	Balances the sun's light and heat between morning and evening, for less demand, less expense, and less waste.
<b>Radio Broadcasts</b>	Dark mornings impair radio. News broadcasts would be delayed until most people have begun work.	Preserves morning light needed for radio broadcasts of morning news and traffic reports.
<b>Religious Rights</b>	Unfairly overlaps work hours with morning prayer times of observant worshippers.	Many faiths call Standard Time "God's Time" for its connection to the natural world (to creation).
<b>Federal Law</b>	Prohibited by the Uniform Time Act (15 USC §260a).	Approved for states by the Uniform Time Act (15 USC §260a).
<b>Lasting Public Support</b>	Repeatedly tried and reverted after winter is experienced in the US and other nations.	Observed in Arizona, Hawaii, all five US territories, and most nations for many decades.