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School of Medicine

Department of Neurology

House Political Subdivisions Public Hearing

I am Eric Landsness, MD, PhD a sleep physician at Washington University in St. Louis, MO and I am writing to *oppose* permanent Daylight Savings Time (DST) and to **strongly support Permanent Standard Time**.

A wealth of reputable research supports the idea that DST, which results in exposure to daylight later in the day, makes it more difficult for people to wake up, and has overall negative effects on many aspects of health. While many people may like it staying light late at night in the summer, DST is associated with higher rates of obesity, diabetes, heart disease, depression, and cancer. In fact, when permanent DST was approved in the past (1974-5), people found they did NOT like it due to dark mornings in the winter, and it was repealed.

The scientific data is clear- permanent standard time is the best option in terms of health and overall happiness. Permanent Standard Time prevents dark winter mornings, and also avoids exposure to light late in the evening during the summer. All major sleep and circadian rhythm research societies support Permanent Standard Time, and I hope you will to.

Sincerely,

Eric Landsness MD, PhD
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