

Mr. Chairman, and Members of the Committee,

My name is Christine Miller. I reside in Bismarck, ND. I am testifying in support of HB 1259

My children are grown now, but I'd like to share with you one of the most dreaded times of the year for mothers of infants and small children. You've probably guessed it. Fall Back and Spring Ahead. Why do most mothers loathe these two yearly rituals? Its because they spend months teaching and training, hoping and praying to get their babies and youngsters on a life-sustaining, sanity-preserving, circadian rhythm worthy sleep schedule.

I'll give you an example. My youngest child was a morning person from birth. He was an up-for-the-day at 5 a.m. kind of morning person. What do you think my household was like the morning after Spring Ahead? You guessed it! My little man was up for the day at 4 a.m.! Have you ever taken a red eye flight? Well, these mama's along with the rest of the household are signed up and registered for a red- eye flight every morning of their lives for as long as it takes their loud mouthed, but very cute little Juniors, to adapt to the new time schedule. Some never do. But, fall is coming, right? Except, that's 8 months away!

Should the Legislature and the state of ND consider or care about the plight of mothers raising small children through two time changes per year? Yes, they should. I'll tell you why. Time changes effect the young and old alike, and the effects are both physical and mental.

"A growing number of experts say the act of moving our clocks forward in the spring is ruining our health. Studies over the last 25 years have shown the one-hour change disrupts body rhythms tuned to Earths rotation, adding fuel to the debate over whether having Daylight Saving Time in any form is a good idea.("Permanent Daylighg Savings Time will Hurt Our Health, Experts Say, By Sandee LaMotte, CNN) 11/6/22

I personally experience this every Spring when the clock moves ahead. For months I feel tired (even if I adjust my sleep to the new time), depressed, and just out of sorts in a way I can't explain. I get a lot of headaches and generally just don't feel well for a few months.

From the same article refrenced above, Dr. Elizabeth Kierman, a professor of Neurology in the division of sleep medicine at Harvard, states. "Our body clock stays with (natural) light not with the clock on your wall, Klerman said. And theres no evidence that your body fully shifts to the new time.

Also from the same article, "Dr. Phyllis Zee, director of the Center for Circadian and Sleep Medicine at Northwestern Universitys Feinberg School of Medicine in Evanston, Illinois, also opposes Daylight Saving Time. She says, "Between March and November your body gets less morning light and more evening light, which can throw off your circadian rhythm, and, "Standard time, which we enter when we move our clocks back in the fall, is much closer to the suns day and night cycle, Zee said. This cycle has set our circadian rhythm, or body clock, for centuries."

I've felt this for most of my life. My health and overall wellness declines every Spring when the clock moves ahead, and I feel 10 years younger every Fall when it returns to Standard Time.

Here's the link to the CNN article:

<https://www.google.com/amp/s/amp.cnn.com/cnn/2022/11/06/health/permanent-daylight-savings-health-harms-wellness>

According another article (linked below), "Daylight Savings Time and Your Health, from Nortwestern Medicine," sleep physicians question the impact of daylight savings time and various health outcomes including depression, slowed metabolism, weight gain, cluster headaches, cardiovascular disease and increased heart attacks, injuries due to increase in car accidents, strokes, mental health and cognitive issues, and digestive and immune-related diseases such as colitis.

So, it's not just mothers and their sleep-deprived, screaming-two-hours before-dawn infants who suffer from the artificial one hour leap of time every Spring. It's humans of all ages who suffer the mental and physicsl consequences. Our

bodies are meant to function on standard time because it's morning light that guides our circadian rhythm.

<https://www.nm.org/healthbeat/healthy-tips/daylight-savings-time-your-health>

Please do pass HB 1259. The fine folks of ND will sleep better, feel better, and have improved mental and physical health if we remain on Standard Time year round.

Thank you,

Christine Miller