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Roger  
Maki

Representative Roger Maki,

I am writing this letter to you in hopes that this will assist in ending North Dakotas switching between Standard and Day Light Savings. This issue has been brought before our state legislature in 2021, but was unsuccessful as it required our neighboring states of Montana, Minnesota, and South Dakota to pass similar bills. From what I was able to find through research, Montana, Minnesota, and eighteen other states have passed legislation that would keep daylight saving time year round if approved by congress. I believe it is time that North Dakota joins these states in ending this unnecessary time changing.

North Dakota is somewhat unique in the fact that we do observe both Central and Mountain time zones, and that could be a reason why we have hesitated on moving forward. This does seem to be the case as only five of the fourteen states that observe two time zones have approved moving towards ending time changes.

Many sleep studies have been performed and have shown that there is no medical benefit in observing the time change and have furthermore shown that doing so adversely affects our circadian rhythms and sleep-wake cycles. These changes can take several weeks to adjust to, and often put citizens into a "sleep debt" causing mental and physical fatigue. Studies have also shown that ending the observance of standard time would allow for more exposure to natural light throughout the year.

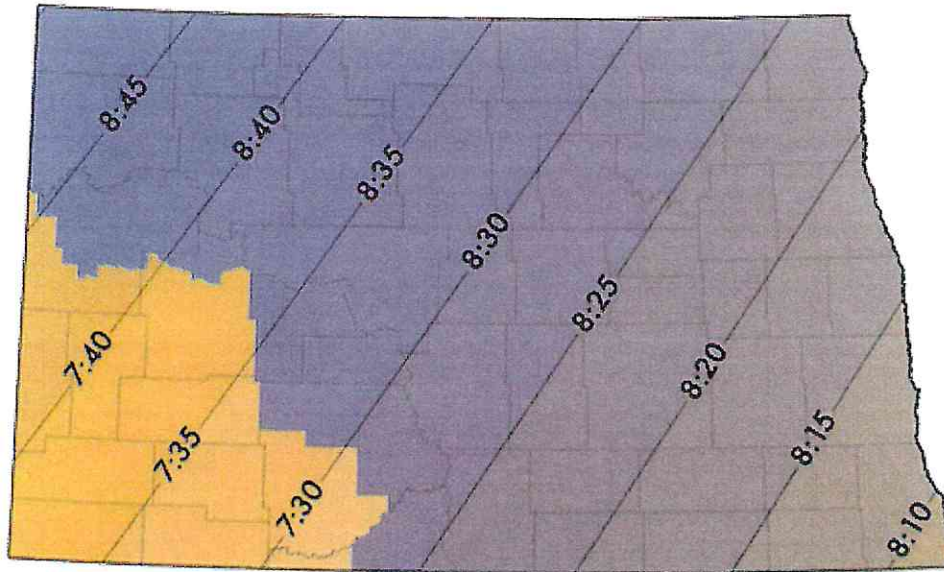
Recent polls taken across the country indicate that approximately sixty-three percent of Americans support ending the switching between times and that number is increasing each year. Again, I believe that it is time that North Dakota stands with the growing number of citizens and states, and moves towards ending the changing of time between Standard and Daylight Savings.

Thank you for your service to this great state and for your time in considering this issue.

Respectfully,  
Brady Beyer

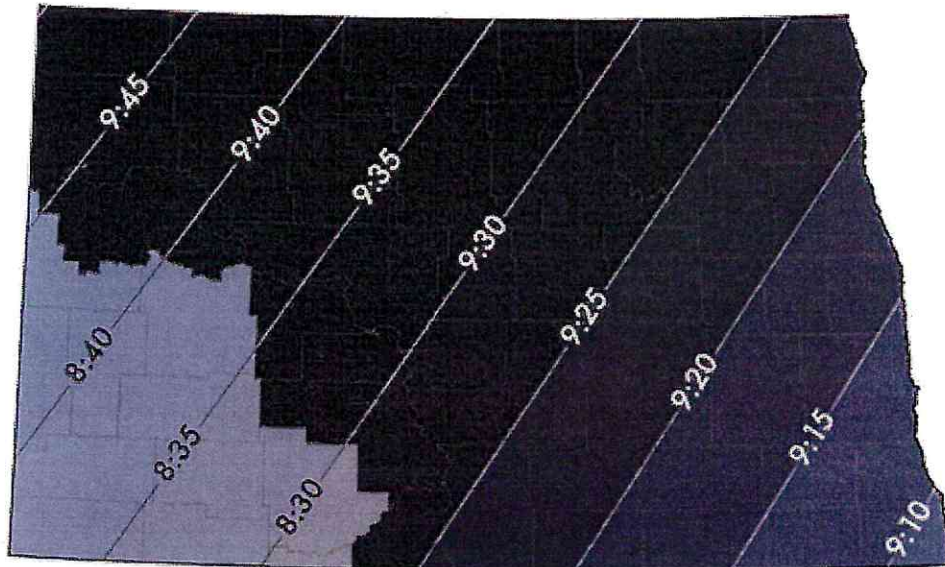
## PERMANENT STANDARD TIME (NATURAL TI

Time of Latest Sunrises




## PERMANENT DAYLIGHT SAVING (FAST TI

Time of Latest Sunrises



Morning sunlight is essential to health, mood,  
Most work and school days in the United States start at or before 8am. Lat

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