

Intro:

- Mdm Chair, members of the committee, thank you for this opportunity to speak.
- My name is Mr Jay Pea
- President of the nonprofit Save Standard Time.
- Cochair of the Coalition for Permanent Standard Time, a group of 8 nonprofits for health/safety.
- Yes on HB 1259.

DST:

- Is a mandate to wake early, sleep less.
- Spring forward makes alarms earlier than Standard Time.
- It chronically deprives sleep, average of 19 minutes every night.
- Costs hundreds of lives and millions of dollars annually in the US.
- And permanent DST would cost more.
- Permanent DST would put ND sunrise past 8am (when most work/school starts) for 3-5 mos, as late as 9:50am.
- ND fought & won repeal of permanent DST in 1974.
- This is why permanent DST is federally prohibited.
- DST does not increase exercise or make days longer. Nature does that by changing seasons.

ST:

- Is the natural clock, set to sun, 12pm is high noon.
- What my grandfather taught me on the family farm.
- Balances morning and evening light.
- For kids, commuters, outdoor laborer, service personnel.
- Need morning light.
- For sleep, mood, health, safety, education, productivity.
- Endorsed by American Academy of Sleep Medicine, American Academy of Neurology, National Safety Council, Bloomberg editorial board, & more.
- AZ, HI, the 5 US territories, and most nations (including Mexico) use permanent Standard Time.
- More states have bills like these now than ever, including NE KS MO TX.
- Gallup finds half of Americans want permanent Standard Time, a quarter want permanent DST.
- Permanent Standard Time is federally pre-approved.

Closing:

- Thank author for amendments to ensure interstate coordination.
- Appreciate keeping permanent DST on table as compromise, as much as history and science warn against that.
- Most people want to end clock change.
- This bill can do so in the quickest way.
- Save lives and money.
- Vote yes on HB 1259.
- Thank all.



SAVE STANDARD TIME

2025 March 24

North Dakota Legislative Assembly
600 East Boulevard Avenue
Bismarck, North Dakota 58505

Re: **Yes on HB 1259**. Permanent Standard Time is federally approved, best for health, safety, education, economy.

Dear Honorable Legislators,

Please support HB 1259 (Maki) to ditch Daylight Saving Time (fast time) and restore permanent Standard Time (natural time). This is the quickest, safest, and most lasting way to end disruptive and deadly clock changes.

Permanent Standard Time is the only federally approved way to stop changing clocks. Gallup finds nearly half of Americans support permanent Standard Time, compared to only a quarter for permanent DST and a fifth for the status quo. Standard Time is the honest clock, set to the sun, known for this reason as natural time or God's time. Standard Time balances morning and evening sunlight fairly for everyone. Its benefits to circadian health naturally improve immunity, longevity, mood, alertness, and performance in school, sports, and work. Standard Time protects start times and preserves the morning sunlight that's essential 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 2022. More states now have permanent Standard Time bills than ever before. Government should set clocks as objectively as possible, and let individuals and businesses choose their schedules from there.

Permanent DST is federally prohibited because it has continually proven to be worse than the status quo. It would delay sunrise past 8am (when most school/work starts) for 3–5 months, as late as 9:50am. 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 by working families. It would revert benefits of starting school later. It would increase residential heating and air conditioning. It would delay AM radio news broadcasts until most people begin work. It would disrupt sun-timed prayers. North Dakotans fought for and won its repeal in 1974. Any individual who wants DST can choose to wake him/herself earlier.

Scores of organizations and thousands of researchers, physicians, teachers, parents, 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 and 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. Ditch unsafe, artificial DST. Restore natural, healthful permanent Standard Time.

Sincerely,

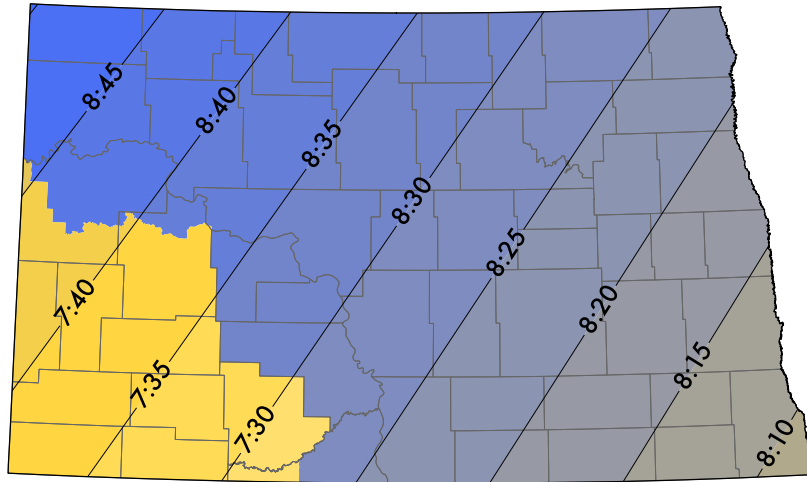
Jay Pea
President

jay@savestandardtime.com

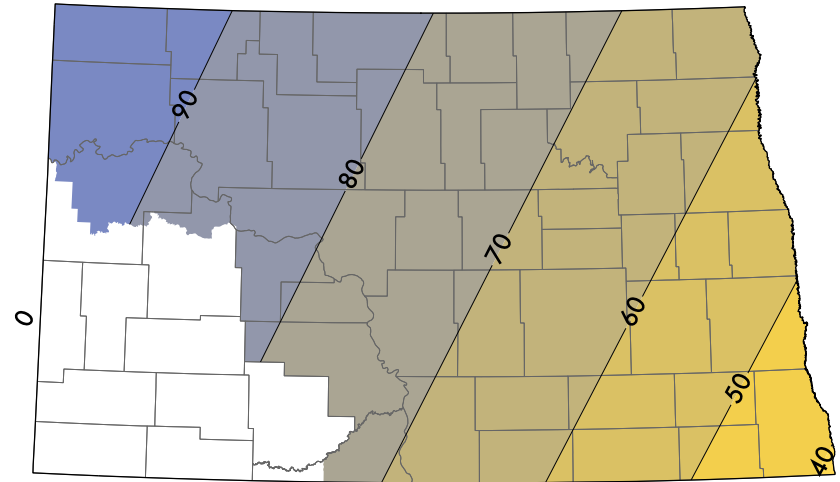
Citations: savestandardtime.com/summary

PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT

Time of Latest Sunrises

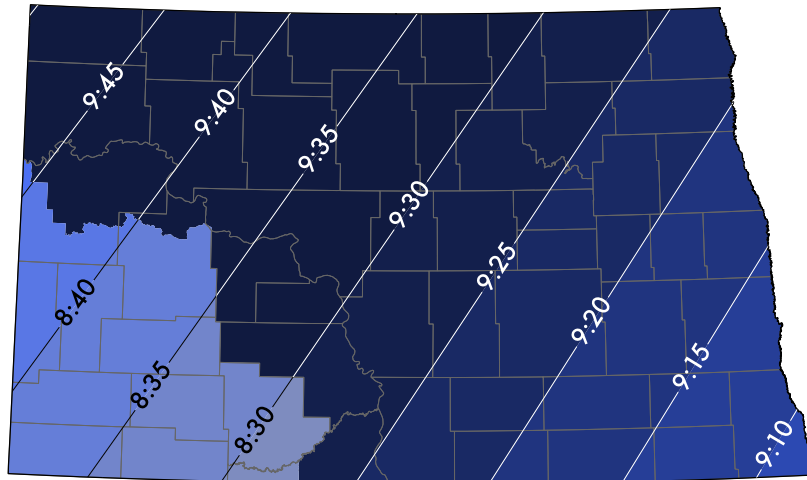


Days with Post-8am Sunrise

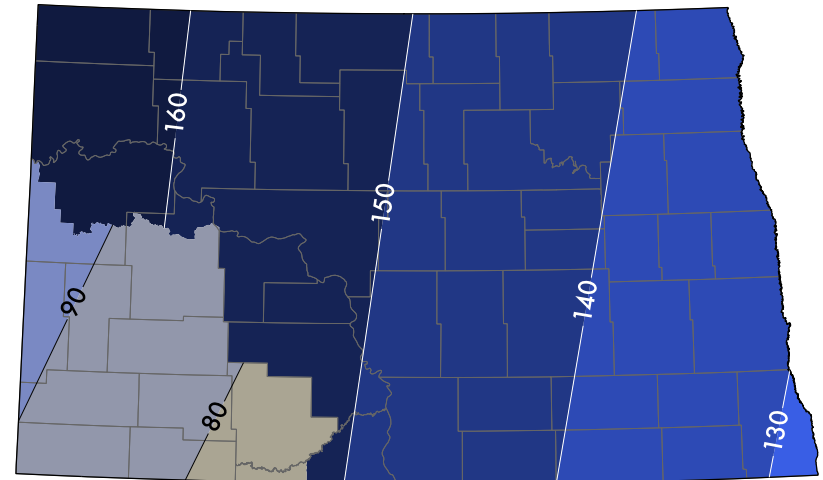


PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE

Time of Latest Sunrises



Days with Post-8am Sunrise



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) KEEPS SUNRISE BEFORE WORK/SCHOOL

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



PERMANENT DAYLIGHT SAVING TIME (FAST TIME) FORCES PRE-SUNRISE START TIMES

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



PERMANENT DAYLIGHT SAVING TIME COST LIVES & MONEY IN 1974

Schoolgirl Hurt; Accident Blamed On Time Change

ARDMORE (AP) — Daylight Saving Time was blamed Wednesday for the injury of a 7-year-old girl. School superintendent Bill Ware said Patricia Gates was struck by a car as she ran across a street to catch a school bus at 8 a.m. The driver of the car said he didn't see the girl in the darkness. Ware ordered classes started a half hour later beginning Monday. The girl was reported doing well at a local hospital with head and arm injuries and a broken leg.

Bids to kill daylight time heard

By **ALBERT SEHLSTEDT, JR.**
Washington Bureau of The Sun
Washington—There were serious moves in Congress yesterday to repeal year-around daylight saving time, which went into effect only three weeks ago as an energy-saving measure. Congressmen in both houses expressed concern over school children who have been injured on roads and highways during the dark morning hours of winter.

Children's deaths spur bid to repeal daylight saving

DAYLIGHT, from a one-day session solely to deal with the daylight saving time issue. In the United States Senate, Marlow W. Cook (R., Ky.) rose in support of repealing the year-around daylight saving plan, cleared by Congress December 14, and cited the Florida deaths, plus a reported increase in sexual assaults on youngsters in Minnesota and problems in other states. Representative Claude Pepper (D., Fla.), who, along with most of the Florida delegation, is supporting repeal, said last week that "the small savings in energy that we will make do not justify the loss of lives of our children nor the hardship placed upon our children and their parents."

Girl, 6, Critically Injured in Accident

A 6-year-old Tulsa girl was struck by a car and critically injured Wednesday as she neared a school bus stop at Virgin Street and Trenton Avenue in Daylight Saving Time dark. Kelly Hines, daughter of Beverly Williams of 2133 N. St. Louis Ave., remained in the intensive care unit of Hillcrest hospital after two children were killed and two others injured by cars near Woods. NEWSPAPER FILES AND Traffic Engineering Department records show that a 5-year-old boy was killed near the Trenton-Virgin intersection in May, 1972, and that there have been two other pedestrian accidents in the vicinity of

School children, workers

Daylight saving move leaves many in dark

Darkness reigned for an extra hour this morning on the first work day under new daylight saving hours invoked Sunday to conserve the nation's energy. For day-shift workers who normally rise at 6 a.m. to begin work at 7 a.m. there was little difference. Industries here reported no more than the usual Monday morning absenteeism and lateness. Children, however, had to meet their school buses in darkness, confronting traffic still relying on headlights. School officials said there were no accidents, school buses were on time and their fears of trouble were unfounded-for today at least. Robert W. Maroni, assistant superintendent of North Adams schools, said there has been an intensive safety campaign at all schools in preparation for the time shift because officials "are deeply concerned" about traffic dangers in the darkness. Business at all the morning coffee shops was normal except at the Dunkin' Donuts shop on Union Street where a spokesman said, "It's been one of the worst days we've ever had." Or so it seemed until he checked cash sales which were only slightly below normal rates for a Monday. He said,

NORTH DAKOTA ASKS REPEAL OF PERMANENT DAYLIGHT SAVING TIME

Daylight Savings 'Unreasonable'

By **BOB GUENTHER**
Star Staff Writer
Minneapolis — Midwestern governors, including Nebraska's J. James Exon, Wednesday told federal energy administrator John Sawhill they approve of the fuel conservation measures his office has mandated — except for year-around Daylight Savings Time. North Dakota Gov. Arthur Link told Sawhill, "Please, don't ask us to live with Daylight Savings Time again this winter. We've responded to all other regulations, but this one is unreasonable in the northern climates." Link still supports year-around Daylight Savings Time, he estimated it cut the nation's fuel usage by 5% last winter. Link doubted any savings resulted, since he noted that on cold, dark mornings this past winter many North Dakota parents drove their children to school instead of letting them wait for a bus. Distributes Usage Sawhill defended the Daylight Savings approach, saying it distributes kilowatt usage more evenly over a day and cuts down on the need for power companies to use peak generating units.

governors and stated that Nebraskans are not "sold" on year-around Daylight Savings. The governors unanimously passed a resolution asking the federal government to abandon Daylight Savings during winter months. The only concession made by Sawhill was a statement indicating he favors keeping the 55 m.p.h. speed limit more than Daylight Savings. "The 55 m.p.h. speed limit should become permanent to save both lives and fuel," Sawhill said. He estimated that the 55 m.p.h. limit has saved 200,000 barrels of oil per day, however, will remain in short supply, as will coal if a strike by the United Mine Workers materializes. Nevertheless, Sawhill said the administration has no plans to continue mandatory fuel allocation beyond the February 28, 1975, expiration date. The governors want to keep the allocation program. Iowa Gov. Robert Ray said, "It's our only method of solving emergency situations at the local level." Sawhill replied, "We're not going... to leave you without the tools to move fuel into critical areas... We would renew allocations in the event of

DST BRINGS SWITCH Road Crews Start One Hour Later

The midwinter switch to Daylight Saving Time has forced county road-building crews to start their work at a time that daylight will be dark. Richardson said his crews are starting to work at 8:30 a.m. instead of 7:30 as they have in the past. Can't Work in Dark Lynch said his men had come to work at 8 a.m. until Monday, but they now begin at 8:30.

Commissioners Richardson and Lynch said Thursday crews began work later than usual working in the dark. "They can't work in the dark," Richardson said. "They work around heavy equipment and sometimes work in traffic. "We don't want to get someone killed because a driver couldn't see them in the dark."

"And it's no good having them sit in the yards until it gets light. That costs the county money. So we just rescheduled their working hours," he said. Employees Complain Lynch said private road contractors will probably change the working hours for their employees also if they haven't already done so. Lynch said many courthouse employees are complaining about driving to work in the dark also but

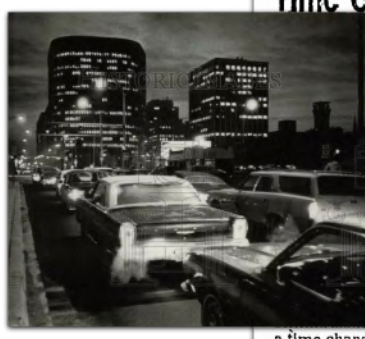


The People Speak School Children Exposed to Danger

Praise Electricity
TO THE EDITOR: Like most Americans, I can accept the restrictions to conserve our country's energies. But for the life of me, I am unable to figure out how this daylight savings time can be of any benefit. As a former student of the Oklahoma drivers training program, we were taught from the drivers manual that dusk-to-dawn driving is the most dangerous. This is a fact! This time change has put many more drivers on the roads in the dark. These people, on the old time, drove in the full light in order to be to work at 8 or 9 a.m. This makes accident probabilities much higher. Children are walking in school, or waiting for buses in the dark, thus exposing them to the danger of drivers. This adds one more worry for parents, who are burdened and worried with day to day living and jobs they may or may not be able to keep. Why in the world does the time change have to be. In such a small country, it's so hard to see a light at the end of the tunnel.

Change Backwards
TO THE EDITOR: It seems that our lawmakers in Washington have done it again. They have changed our clocks to fit their needs—protesting to save fuel. But as anyone knows, it is backwards. To start with we are turning our thermostats up an hour earlier each morning. This will use more fuel because it is always coldest from about 4 a.m. until 7 a.m. (Suntime). Now everyone gets off work one hour earlier (by Suntime) so they have one more hour to drive around each evening before dark, using more fuel. We are helping the energy crisis like a hole in the head or as an California politician said a while back, "This time change causes the sun to shine on his lawn an hour longer each day." Every politician should be voted out, and replaced with some hard working farmers who understand nature, and I believe we could get things straightened out to a

Two Crises Exist
TO THE EDITOR: John Q. Public is accustomed to injustices. His motor vehicles have been swallowed up by emission control devices which not only reduce fuel consumption from 7 to 20 percent but in terms of dollars and cents cost him in the neighborhood

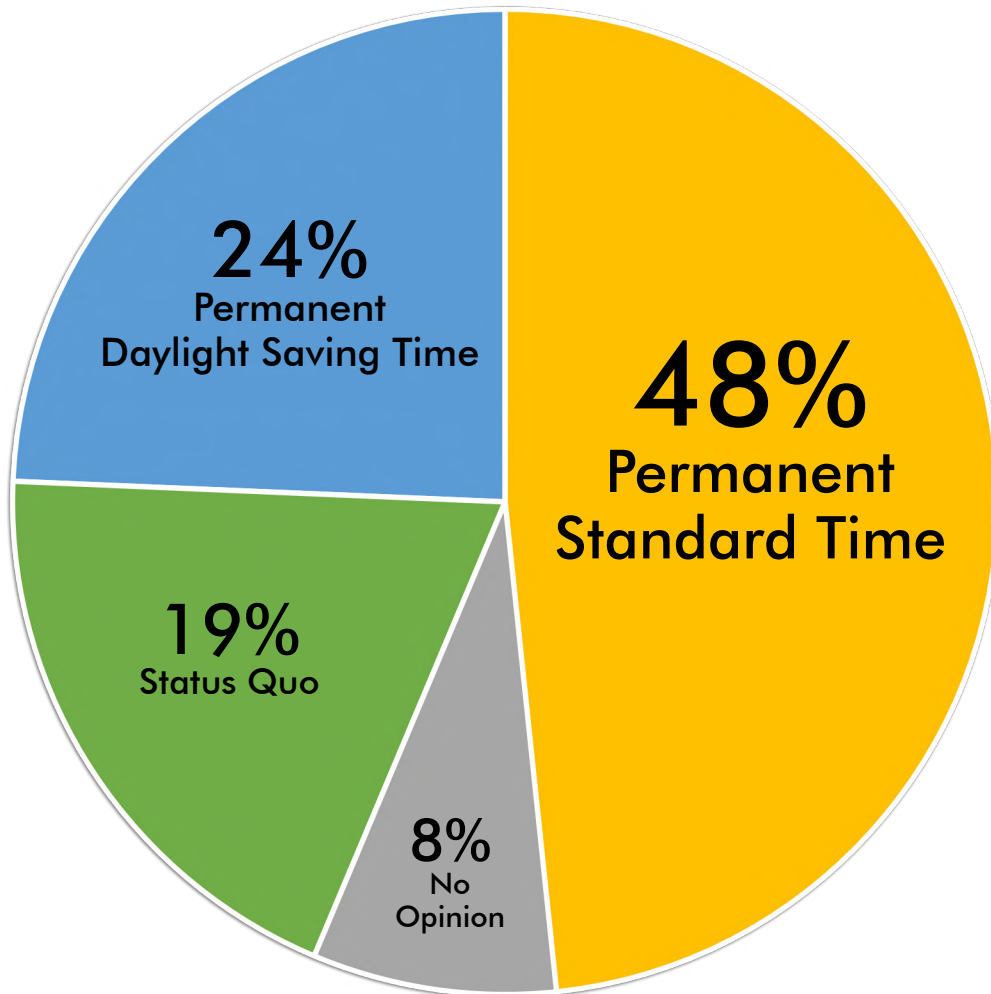


More at: newspapers.com/profile/savestandard

GALLUP

“The plurality of Americans prefer Standard Time the whole year, including summer.

Half as many, 24%, prefer Daylight Saving Time the whole year, including winter. The smallest percentage, 19%, prefer the status quo of switching between the two. This means 43% favor having Daylight Saving Time part of the year or year-round, only slightly less than the 48% who would prefer not to have it at all. But it also means 72% would prefer no clock changes each year.”



“Based on telephone interviews conducted January 21–27, 2025, with a random sample of 1,001 adults, living in all 50 states and DC. Margin of error $\pm 4\%$.”

<https://news.gallup.com/poll/657584/half-daylight-saving-time-sunsetted.aspx>





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

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
Illinois Sleep 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
Nebraska Medical Association
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
Nebraska State Grange
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

California Islamic University
Coalition for Permanent Standard Time
Cuyahoga Astronomical Association
International Alliance for Natural Time
Libertarian Party Mises Caucus

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.

Permanent Standard Time Is Federally Approved

Permanent Daylight Saving Time Is Federally Prohibited

Any state can restore permanent Standard Time (natural time) by enacting state legislation for self-exemption from DST (fast time). Arizona, Hawaii, and all five US territories observe permanent Standard Time. Most nations, including Mexico, observe permanent Standard Time. More American states than ever are now considering permanent Standard Time. As with any legislation, the effective date of DST exemption can be delayed until neighboring states enact equivalent legislation, if desired. Permanent DST when tried has cost lives and disrupted business. Permanent Standard Time is the quickest, safest, healthiest, most-lasting way to end clock change.

“Uniform Time Act of 1966”

15 U.S. Code Subchapter IX – Standard Time

§ 260a. Advancement of time or changeover dates

(a) Duration of period; State exemption

During the period commencing at 2 o'clock antemeridian on the second Sunday of March of each year and ending at 2 o'clock antemeridian on the first Sunday of November of each year, the standard time of each zone established by sections 261 to 264 of this title, as modified by section 265 of this title, shall be advanced one hour and such time as so advanced shall for the purposes of such sections 261 to 264, as so modified, be the standard time of such zone during such period; however, (1) any State that lies entirely within one time zone may by law exempt itself from the provisions of this subsection providing for the advancement of time, but only if that law provides that the entire State (including all political subdivisions thereof) shall observe the standard time otherwise applicable during that period, and (2) any State with parts thereof in more than one time zone may by law exempt either the entire State as provided in (1) or may exempt the entire area of the State lying within any time zone.

<https://www.law.cornell.edu/uscode/text/15/260a>

