



Dear ND Representatives,

My name is Seema Khosla and I am a sleep medicine physician. I support HB 1259 for permanent Standard Time. The science is unequivocal – Standard Time is aligned with our own circadian rhythms. This is the **best option for overall health**. It is the most natural time and helps our bodies sleep at night and be alert during the day. This is also the **safest option**, especially for children who wait outside for their school bus in the dark.

We have tried permanent daylight-saving time before – in 1974. It became extremely unpopular and was reversed within 6 months due to public backlash. Let's learn from history and choose permanent standard time.

As always, if you have any questions or concerns, please do not hesitate to contact our office at (701) 356-3000.

Sincerely,

Electronically signed

Seema Khosla, MD FCCP FAASM

Diplomate of the American Board of Sleep Medicine

Diplomate of the American Board of Internal Medicine