

3/25/25

Dear Legislative Council,

My name is Shandra Rosenfeldt, I support HB 1259 for permanent Standard Time.

I work in patient care, with an emphasis on dental sleep medicine and follow guidelines from the AASM (American Academy of Sleep Medicine).

“Permanent standard time helps synchronize the body clock with the rising and setting of the sun,” said Dr. James A. Rowley, president of the AASM. “This natural synchrony is optimal for healthy sleep, and sleep is essential for health, mood, performance, and safety.”

The position statement is approved by the AASM board of directors and endorsed by 20 medical, scientific, and advocacy organizations:

- American Academy of Cardiovascular Sleep Medicine
- American Academy of Dental Sleep Medicine
- American Academy of Otolaryngology-Head and Neck Surgery
- American Association of Sleep Technologists
- American College of Chest Physicians (CHEST)
- American College of Lifestyle Medicine
- American Society for Metabolic and Bariatric Surgery
- American Thoracic Society
- Dakota Sleep Society
- Michigan Academy of Sleep Medicine
- Montana Sleep Society
- National PTA
- National Safety Council
- National Sleep Foundation
- Sleep Research Society
- Society for Research on Biological Rhythms
- Society of Anesthesia and Sleep Medicine
- Society of Behavioral Sleep Medicine
- Southern Sleep Society
- World Sleep Society

I am in favor of permanent standard time, which aligns best with human circadian biology and reducing the potential harms that result from seasonal time changes to and from daylight saving time.

Sincerely,

Shandra Rosenfeldt, DDS, FAGD, D.AADSM