

Dakota Sleep Society supports HB1259

The Dakota Sleep Society is a professional organization of sleep medicine providers, technicians, and scholars across North and South Dakota. We strive to promote sleep and circadian health among our communities by providing education and outreach. There is broad agreement, including support from President Trump, that seasonal time changes are problematic, resulting in increased health and safety risks as well as inconvenience and cost. Eliminating seasonal time change will require us to choose between permanent standard time and permanent daylight savings time. The Dakota Sleep Society supports HB1259 to move North Dakota to permanent standard time. More specifically, our support for permanent standard time is based on the following key points:

- Permanent daylight savings time would lead to long, dark mornings in North Dakota. In winter, sunrise may not come until after 9:30 am. In contrast, sunrise under permanent standard time would occur one hour earlier.
- The extended morning darkness under permanent daylight savings time increases the safety risk for the morning school and work commute. Motor vehicle and pedestrian accidents are less likely in light conditions compared to dark conditions.
- Standard time aligns better to our natural circadian rhythms. Exposure to sunlight earlier in the morning is an important cue for our bodies to begin the day. Extended light in the evening makes it more difficult to fall asleep, which can then reduce overall sleep time.
- Permanent daylight savings time has been implemented in our country before, and failed spectacularly. After less than a year, permanent daylight savings time was repealed due to public opposition (largely driven by the problem of the long, dark mornings).

In sum, the Dakota Sleep Society supports this bill to eliminate seasonal time changes in North Dakota. We endorse the move to permanent standard time, but would not support a move to permanent daylight savings time.