

Dear Members of the Senate State and Local Government Committee,

I am writing to express my strong support for HB1259, which seeks to make permanent standard time in North Dakota. This bill is crucial for the health and well-being of our community, and I urge you to support its passage.

One of the key reasons for supporting HB 1259 is the significant health benefits associated with aligning our sleep-wake cycle with the natural rising and setting of the sun. As highlighted in Matthew Walker's book, *Why We Sleep*, maintaining a consistent sleep schedule that follows our natural circadian rhythms can greatly improve our physical and mental health. Walker's research emphasizes that our bodies are biologically programmed to wake with the sunrise and sleep after sunset, and disrupting this natural cycle can lead to various health issues[1].

Permanent standard time will help ensure that our daily schedules are more in sync with our natural circadian rhythms. This alignment can lead to better sleep quality, improved mood, enhanced cognitive function, and a stronger immune system[2]. Additionally, exposure to natural light during the day helps regulate our internal clocks, making it easier to fall asleep at night and wake up feeling refreshed[3].

The majority of people go to work between 6 and 8 AM, and getting exposure to sunlight in the morning is critical for health. Going to work in the dark is unhealthy and can disrupt our natural sleep-wake cycle[4]. Morning sunlight exposure helps regulate our circadian rhythm, boosts serotonin levels, and improves overall mood and well-being[3].

Furthermore, school start times are generally early in the morning, and it is critical for childhood brain development to get adequate sleep and sunlight exposure before going to school. Research indicates that later school start times correlate with improved mood, better attendance, and enhanced academic performance among students[5]. Adequate sleep and morning sunlight exposure are essential for the cognitive and emotional development of children[6].

I urge you to support HB 1259 and advocate for its passage in the Senate. Thank you for your attention to this important matter and for your continued dedication to the well-being of our constituents.

Sincerely,

Austin Cote, District 27

References

- [1] [Why We Sleep: Unlocking the Power of Sleep and Dreams: Walker PhD ...](#)
- [2] [Why your sleep and wake cycles affect your mood - Harvard Health](#)
- [3] [9 benefits of sunlight in the morning and how to get it - BetterUp](#)
- [4] [How Getting Sunlight in the Morning Can Improve Sleep - Verywell Health](#)
- [5] [Schools shift as evidence mounts that later start times improve teens ...](#)
- [6] [Preschool Isn't Prep—It's Prime Time for Brain Growth](#)
- [7] [8 Health Benefits of Sleep - Sleep Foundation](#)
- [8] [5 Scientifically Proven Benefits of Morning Sunlight for Sleep-Wake ...](#)
- [9] [Brain Development: Understanding the Five Stages of Early Childhood ...](#)