

Mandating standard time year-round is a necessary step to protect public health, productivity, and safety. The biannual clock changes disrupt sleep cycles, leading to measurable declines in cognitive function and workplace efficiency. Studies show that the spring transition to daylight saving time (DST) results in a significant increase in heart attacks, strokes, and workplace injuries due to sleep deprivation. Research published in the *Journal of Clinical Sleep Medicine* found that the shift causes a spike in car accidents, with fatal crashes rising by up to 6% in the days following the change.

The argument that DST "lengthens the day" is misleading. The length of daylight is determined by the Earth's axial tilt and orbit, not by human-set clocks. DST merely shifts human schedules, often forcing people into artificially early mornings that disrupt natural sleep patterns. Standard time aligns better with human circadian rhythms, reducing the health risks associated with chronic sleep loss.

Additionally, standard time is more astronomically accurate. High noon—the moment when the sun reaches its highest point in the sky—should occur close to 12:00 PM local time. Under DST, this shifts an hour later, disrupting the natural biological cues that have guided humans for millennia. Maintaining standard time year-round restores this natural alignment, improving sleep quality and overall well-being.

The evidence is clear: changing the clocks twice per year is an outdated and harmful practice. To promote better health, workplace productivity, and public safety, legislators should act to make standard time permanent.