

To all that it may concern,

I hope that you are all doing well and find yourselves to be well-rested, though this may not be the case with many still “adjusting” to the government-mandated observation of Daylight Savings Time.

The shift to Daylight Savings Time compromises the health of North Dakotans by shifting sunset to an hour later, with Fargo sunsets not occurring until almost 9:30 PM in late June. This puts the far-red and infrared light of sunset, not present during normal daylight hours, out of reach for many North Dakotans, especially children. With over a quarter of all North Dakotans suffering from myopia (nearsightedness)¹, the utilization of the far-red and infrared light as a natural preventative treatment for pediatric myopia should not be overlooked, particularly with the robust literature supporting the efficacy of red light treatment for children²⁻⁴. In addition to HB1259 improving the health of North Dakotan children, improving access to the far-red and infrared light of sunset would serve to improve the health of all North Dakotans through the many beneficial effects of sunset exposure on humans^{5,6}.

While I hope that you put the health and well-being of North Dakotans at the top of your priorities, I do understand that many of you have concerns about the economic impact of this bill. Indeed, it is likely that you have heard claims that supporting this bill will put North Dakotans in the Red River Valley on a different time zone from Minnesota, leading to confusion. Fortunately, Minnesota’s Legislature is currently in the process of acting upon two different bills to enact permanent standard time across the entire state, MN HF 1944 and MN SF 2403. As these bills continue to gain further support in the Minnesota Legislature, voting **YES** on **HB1259** would keep us in line with Minnesota and other Midwestern states, such as Missouri which currently has five different bills in legislation for the establishment of permanent standard time.

Finally, I ask that you consider the natural state of humans in North Dakota, rising for work and going to bed by the rise and fall of the Sun. This has been the natural state for all of humanity for thousands of years, and permanent Standard Time is most in-line with this state. Daylight Savings Time forces humans to live life opposed to this natural cycle, eight months out of the year. You can support HB 1259 and support North Dakotans living as they naturally would. Alternatively, you can oppose HB 1259 and support the tyrannical wielding of government power to force citizens to live in a manner contrary to their most basic biological cycles. **Please, vote against government tyranny. Vote for liberty. Vote for HB 1259.**

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References

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