

**2021 SENATE POLITICAL SUBDIVISIONS**

**SB 2201**

# 2021 SENATE STANDING COMMITTEE MINUTES

## Political Subdivisions Committee Sakakawea, State Capitol

SB 2201  
2/4/2021

A BILL for an Act to create and enact a new section to chapter 1-08 of the North Dakota Century Code, relating to requiring the state to observe daylight saving time year round; to repeal section 40-01-20 of the North Dakota Century Code, relating to daylight saving time; and to provide an effective date.

**Chairman Burckhard** opened the hearing on SB 2201 at 9:52 a.m. Senators present: Burckhard, Anderson, Lee, Larson, Kannianen, Oban, Heitkamp.

### Discussion Topics:

- Effects of out-of-state commute
- Multiple time zones

**[9:53] Senator Jason Heitkamp, District 26.** Introduced SB 2201.

**Senator Anderson** moves **DO PASS**.

**Senator Kannianen** seconded

Senators	Vote
Senator Randy A. Burckhard	Y
Senator Howard C. Anderson, Jr.	Y
Senator Jason G. Heitkamp	Y
Senator Jordan Kannianen	Y
Senator Diane Larson	Y
Senator Judy Lee	N
Senator Erin Oban	Y

The motion passed 6-1-0

**Senator Heitkamp** will carry SB 2201.

**Additional written testimony:** (3)

**Melissa Engelstad, Fargo Citizen.** Provided testimony #5363 in favor.

**Whitney Oxendahl, Fargo Citizen.** Provided testimony #4186 in favor.

**Darren Schimke, Professional Firefighters of North Dakota.** Provided testimony #5326 in opposition.

**Chairman Burckhard** closed the hearing on SB 2139 at 10:09 a.m.

*Patricia Lahr, Committee Clerk*

**REPORT OF STANDING COMMITTEE**

**SB 2201: Political Subdivisions Committee (Sen. Burckhard, Chairman)** recommends **DO PASS** (6 YEAS, 1 NAY, 0 ABSENT AND NOT VOTING). SB 2201 was placed on the Eleventh order on the calendar.

February 3, 2021

SENATE BILL NO. 2201

Observe Daylight Savings Time year round

Dear Legislative Assembly of North Dakota,

My name is Melissa Engelstad and I am in favor of SENATE BILL NO. 2201 (observe daylight savings time year round in North Dakota). I am a mother to three children ages 7, 5, 3 and another baby on the way. Plain and simple; time changes are no fun for anyone at any age but for most children it's horrible. Even if my husband and I try to prepare days to weeks ahead, it doesn't matter, it's still terrible. Our children are cranky, tired, sensitive to everything, have negative behaviors and even emotional outbursts. They have difficulty falling asleep and will wake early. It even effects them negatively while at school. It doesn't just last a few days, it takes weeks and weeks to get them back on track. Every parent I've talked to has similar experiences with their children during the time changes too.

This isn't something that just that impacts children negatively but it impacts adults too. According to an article published by [cbsnews.com](https://www.cbsnews.com)- "Changing the clocks has an impact on your mood, motor skills, appetite and even your heart. Particularly around daylight savings time workplace injuries rise, there is an increase in car accidents and an increased risk of heart attacks and strokes."

There is absolutely no need to keep changing the clocks back and forth. It actually causes more harm than good. I'm asking that you all please consider passing this Bill.

Thank you for your time,

Melissa Engelstad

1538 5th Ave S

Fargo, ND 58103

Senate Bill - 2201

Thank you for the chance to address the members of the Senate Political Subdivisions Committee. I am writing in support of SB 2201 - relating to daylight saving time.

I strongly support the proposed legislation. Each year the time changes wreak havoc on my small children, their sleep, and their schedule, which means my sleep is sorely disrupted as well. The disruption lasts for weeks until their sleep finally shifts. Every year, I find myself commiserating with my parent-friends.

Thank you for bringing this forward. It might seem small, but it would make a major difference in my life and the lives of other parents.

Thank you for your time.

Whitney Oxendahl

# Professional Fire Fighters of North Dakota

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#5326

Darren Schimke, President | 218-779-4122 | [dschimke@wiktel.com](mailto:dschimke@wiktel.com)

2-4-2021

Senate Political Subdivision Committee

Mr. Chairman and members of the Political Subdivision Committee,

My name is Darren Schimke, President of the Professional Fire Fighters of North Dakota representing 415 professional firefighters across our great state. We appreciate the opportunity to provide testimony in opposition of SB 2201.

Admittedly, the passage of SB 2201 will not negatively affect all members of the PFFND. What it will do, is affect multiple Local membership along both the Western and Eastern borders. The Locals along both borders, constitute approximately half of our membership. Of those members, approximately 8% live across the North Dakota boarder in a different State. The passage of SB 2201 would negatively impact those firefighters commute to and from their fire stations, sleep patterns, and family lives.

For those reasons, the PFFND opposes SB 2201 and requests the consideration of a Do NOT Pass recommendation of SB 2201 from the Senate Political Subdivision Committee.

Thank you,

Darren Schimke

**2021 HOUSE POLITICAL SUBDIVISIONS**

**SB 2201**

# 2021 HOUSE STANDING COMMITTEE MINUTES

Political Subdivisions Committee  
Room JW327B, State Capitol

SB 2201  
3/5/2021

**Relating to daylight saving time; and to provide a contingent effective date**

**Chairman Dockter: (10:35).** Opened the hearing.

<b>Representatives</b>	
Representative Jason Dockter	P
Representative Brandy Pyle	P
Representative Mary Adams	P
Representative Claire Cory	P
Representative Sebastian Ertelt	P
Representative Clayton Fegley	P
Representative Patrick Hatlestad	P
Representative Mary Johnson	A
Representative Lawrence R. Klemin	P
Representative Donald Longmuir	P
Representative Dave Nehring	P
Representative Marvin E. Nelson	P
Representative Nathan Toman	A

**Discussion Topics:**

- Year round daylight saving time
- 

**Sen. Heitkamp:** Introduced the bill.

**Jay Pea, Save Standard Time:** Testimony #7063. Opposition.

**Rep. Cory:** Made a do pass motion.

**Rep. Nelson:** Second the motion.

<b>Representatives</b>	<b>Vote</b>
Representative Jason Dockter	Y
Representative Brandy Pyle	N
Representative Mary Adams	N
Representative Claire Cory	Y
Representative Sebastian Ertelt	N
Representative Clayton Fegley	N

Representative Patrick Hatlestad	N
Representative Mary Johnson	A
Representative Lawrence R. Klemin	N
Representative Donald Longmuir	Y
Representative Dave Nehring	Y
Representative Marvin E. Nelson	N
Representative Nathan Toman	A

4-7-2 Failed

**Rep. Adams:** Made a do not pass motion.

**Vice Chairman Pyle:** Second the motion.

<b>Representatives</b>	<b>Vote</b>
Representative Jason Dockter	Y
Representative Brandy Pyle	Y
Representative Mary Adams	Y
Representative Claire Cory	N
Representative Sebastian Ertelt	Y
Representative Clayton Fegley	Y
Representative Patrick Hatlestad	Y
Representative Mary Johnson	A
Representative Lawrence R. Klemin	Y
Representative Donald Longmuir	Y
Representative Dave Nehring	N
Representative Marvin E. Nelson	Y
Representative Nathan Toman	A

9-2-2 carried

**Rep. Nelson:** Will carry the bill.

**Additional written testimony:**

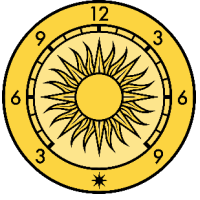
#7064,7080, 7342, 7513

**Chairman Dockter: (10:46).** Closed the hearing.

*Carmen Hickle, Committee Clerk*

**REPORT OF STANDING COMMITTEE**

**SB 2201, as engrossed: Political Subdivisions Committee (Rep. Dockter, Chairman)**  
recommends **DO NOT PASS** (9 YEAS, 2 NAYS, 2 ABSENT AND NOT VOTING).  
Engrossed SB 2201 was placed on the Fourteenth order on the calendar.



# SAVE STANDARD TIME

SaveStandardTime.com • Twitter.com/SaveStandard • info@SaveStandardTime.com • San Francisco, California

2021 February 28

Political Subdivisions Committee  
North Dakota House of Representatives  
Bismarck, North Dakota 58505

Re: SB-2201—Oppose (Amend to Standard Time)

Dear Honorable Representatives,

Please oppose SB-2201, refer it to your committees on health, safety, and education, and recommend its amendment to permanent Standard Time (draft attached).

SB-2201 seeks permanent Daylight Saving Time (DST), which science and history show is more harmful than clock change. Permanent Standard Time instead can improve viral immunity with better sleep, it will protect start times with morning sunlight, and it is federally pre-approved.

Scores of organizations representing thousands of scientists/doctors and millions of teachers/parents oppose permanent DST and endorse permanent Standard Time. Among these are the Dakotas Sleep Society, National PTA, National Safety Council, American Academy of Sleep Medicine, American College of Chest Physicians, American College of Occupational & Environmental Medicine, Start School Later, and Society for Research on Biological Rhythms.<sup>[AASM]</sup>  
[CSC][ESRS][RIVM][SRBR]

Healthy sleep is essential to viral immunity (including COVID),<sup>[Meira][Panda][Ray]</sup> and for years the CDC has classified sleep deprivation as a nationwide epidemic.<sup>[Jin]</sup> Springing clocks forward to DST acutely deprives sleep. Leaving clocks forward on DST chronically deprives sleep (estimated average 19 minutes nightly). An hour delay of sunrise each day (such as by DST) manifests as statistically significant increases in accidents, in illness and disease (certain cancers up 12–36%), and in healthcare costs, and as statistically significant decreases in education, in productivity, and in wages (down 3–5%). It's not just clock change that harms. Sun-based, longitudinally correct Standard Time preserves morning sunlight, when human biology needs it most.<sup>[AASM][Borisenkov][CSC][Curtis][ESRS][Gibson][Giuntella][Gu][Juda][RIVM][Roenneberg][SRBR]</sup>

Standard Time is the quickest way to end clock change, in that the US Uniform Time Act of 1966 permits permanent Standard Time and forbids permanent DST. Scientific polling shows strong public support to end clock change, with slight preference for Standard Time.<sup>[AP]</sup> History shows support for permanent DST reverses to opposition once its dark mornings are experienced.<sup>[BBC][Ripley][Yorkshire]</sup> Permanent DST would delay North Dakota's sunrises to 9:48am, and past 8am for up to 5.5 months (photo attached). It would undo the benefits of starting school later, and it would disrupt parents' work hours.<sup>[Cell][Skeldon]</sup> Standard Time keeps most sunrises

before 8am, when most work/school starts,<sup>[CDC][Silver]</sup> for healthier sleep, alertness, immunity, and productivity.

Please oppose permanent DST and support permanent Standard Time—as is federally pre-approved and best for health, safety, education, and economy. I would be glad to provide committee testimonies and expert statements on this issue.

Sincerely,



Jay Pea  
Save Standard Time  
PO Box 40238  
San Francisco, California 94140  
[jay@SaveStandardTime.com](mailto:jay@SaveStandardTime.com)  
+1-415-484-3458

American Academy of Sleep Medicine (2020). "Call for Elimination of Daylight Saving Time". *Journal of Clinical Sleep Medicine*. <https://aasm.org/american-academy-of-sleep-medicine-calls-for-elimination-of-daylight-saving-time/>

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# SAVE STANDARD TIME

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## Endorsements of Permanent Standard Time as the Better Year-Round Clock

The following parties reject permanent Daylight Saving Time and endorse permanent Standard Time as the better year-round clock. These are not implied to be endorsements of the Save Standard Time entity.

### Organizations (non-comprehensive list)

National PTA  
National Safety Council  
American College of Chest Physicians  
National School Boards Association  
B-Society  
American Academy of Dental Sleep Medicine  
European Sleep Research Society  
Agudath Israel of America  
Society of Anesthesia & Sleep Medicine  
German Teachers' Association  
French Society for Sleep Research & Medicine  
National Commission for the Rationalization of Spanish Hours  
California Islamic University  
Society for Light Treatment & Biological Rhythms  
Rabbinical Council of California  
Agudath Israel of California  
Northwest Noggin Neuroscience  
California Sleep Society  
Michigan Academy of Sleep Medicine  
Ohio Bicycle Federation  
Wisconsin Sleep Society  
Canadian Society for Chronobiology  
Southern Sleep Society  
Normal Time All the Time  
German Society for Time Policy  
Missouri Sleep Society  
Solaris Fatigue Management  
Sleep Medicine Association Netherlands  
Chronobiology Lab Groningen  
Better Times Platform  
Barcelona Time Use Initiative for a Healthy Society  
National Education Association  
American Academy of Sleep Medicine  
American Federation of Teachers  
American College of Occupational & Environmental Medicine  
Start School Later  
Rabbinical Council of America  
Society for Research on Biological Rhythms  
Florida PTA  
World Sleep Society  
European Biological Rhythms Society  
Society of Behavioral Sleep Medicine  
American Academy of Cardiovascular Sleep Medicine  
Agudath Israel of Florida  
Francophone Chronobiology Society  
Association of Canadian Ergonomists  
Good Light Group  
Agudath Israel of Chicago  
Daylight Academy  
Kentucky Sleep Society  
Maryland Sleep Society  
Australasian Chronobiology Society  
Cuyahoga Astronomical Association  
Adath Israel San Francisco  
Tennessee Sleep Society  
Curtis Clock Lab  
Capitol Neurology  
Stephens Memorial Observatory  
Dutch Society for Sleep-Wake Research  
Dakotas Sleep Society  
Abolish Time Change!

### Individuals (non-comprehensive list)

Raúl Aguilar-Roblero MD PhD, Laboratory on Circadian Rhythmicity, Institute of Cellular Physiology, Mexico  
Konstantin V Danilenko MD PhD, Institute of Physiology & Basic Medicine, Novosibirsk, Russia  
Elizabeth B Klerman MD PhD, Associate Professor, Harvard Medical School, Boston, Massachusetts  
Michael T Lam MD PhD, San Diego, California  
Michael McCarthy MD PhD, Center for Circadian Biology, University of California, San Diego  
Thomas E Nordahl MD PhD, Professor Emeritus, University of California, Davis  
David K Welsh MD PhD, Professor Emeritus, University of California, San Diego  
Amir Zarrinpar MD PhD, Assistant Professor, San Diego, California  
Salman Ahsan PhD, San Jose, California  
Shimon Amir PhD, Professor, Concordia University, Montreal, Quebec  
Sonia Ancoli Israel PhD, Professor Emeritus, University of California, San Diego

Michael Antle PhD, Professor, Hotchkiss Brain Institute & University of Calgary, Alberta  
Susanna Barry PhD, College Mental Health Counselor & Sleep Coach, Cambridge, Massachusetts  
William Bechtel PhD, Distinguished Professor, University of California, San Diego  
Mikhail Borisenkov PhD, Institute of Physiology, Komi Science Centre, Russian Academy of Sciences  
Joseph Boyd PhD, Research Scientist, MilliporeSigma, Temecula, California  
Hugo Calligaro PhD, San Diego, California  
Oscar Castanon-Cervantes PhD, Assistant Professor, Morehouse School of Medicine, Atlanta, Georgia  
Joanna C Chiu PhD, Vice Chair, Department of Entomology & Nematology, University of California, Davis  
Scott Cookson PhD, Quantitative BioSciences, San Diego, California  
Jason DeBruyne, PhD, Associate Professor, Morehouse School of Medicine, Atlanta, Georgia  
Grant Denn PhD, Physics Department Chair, Metropolitan State University of Denver, Colorado  
Heinz Freisling MSc PhD, Epidemiologist, International Agency for Research on Cancer, Lyon, France  
Frederic Gachon PhD, Group Leader, Physiology of Circadian Rhythms, Institute for Molecular Bioscience  
Susan S Golden PhD, Director, Center for Circadian Biology, University of California, San Diego  
Marijke CM Gordijn MS PhD, Chrono@Work, University of Groningen, Netherlands  
Bill Griesar PhD, Northwest Noggin Neuroscience Outreach Group, Portland, Oregon  
Liz Harrison PhD, Center for Circadian Biology, University of California, San Diego  
Dietrich Henckel PhD, Professor, Technical University of Berlin, Germany  
Erik Herzog PhD, Professor of Biology, Washington University, St Louis, Missouri  
Myriam Juda PhD, Researcher, Simon Fraser University, Vancouver, British Columbia  
Achim Kramer PhD, Professor of Chronobiology, Charité – Universitätsmedizin Berlin, Germany  
Camilla Kring PhD, Speaker, Author, & Entrepreneur, Copenhagen, Denmark  
Katja Lamia PhD, Associate Professor of Molecular Medicine, Center for Circadian Biology, UC San Diego  
Andy LiWang PhD, University of California, Merced  
Travis Longcore PhD, Institute of the Environment & Sustainability, University of California, Los Angeles  
Emily Manoogian PhD, Postdoctoral Fellow, San Diego, California  
Peter Mansbach PhD, Bethesda, Maryland  
Erik Maronde PhD, Scientist, Frankfurt, Germany  
Girish Melkani MS PhD, Associated Research Professor, San Diego, California  
Martha Merrow PhD, Professor of Chronobiology, Ludwig Maximilian University of Munich, Germany  
Matt Metzgar PhD, Clinical Professor of Economics, University of North Carolina, Charlotte  
Ralph Mistlberger PhD, Professor, Simon Fraser University, Vancouver, British Columbia  
João Nunes PhD, Biochemistry Researcher, Dresden, Germany  
Marie Pariollaud PhD, Postdoctoral Associate, Scripps Research, La Jolla, California  
Ketema Paul, PhD, University of California, Los Angeles  
Linda Petzold PhD, Professor, University of California, Santa Barbara  
Frank Powell PhD, Professor of Medicine, University of California, San Diego  
Kendall Satterfield PhD, San Diego, California  
Dorothy D Sears PhD, San Diego, California  
Benjamin Smarr PhD, Professor of Bioengineering & Data Science, University of California, San Diego  
Andrea Smit PhD, Researcher, Simon Fraser University, Vancouver, British Columbia  
Barbara Sorg PhD, Legacy Research Institute, Portland, Oregon  
Melissa A St Hilaire PhD, Instructor, Harvard Medical School, Boston, Massachusetts  
Andrew Steele PhD, Associate Professor of Biological Sciences, California State Polytechnic University  
Jennifer Thomas PhD, Professor, San Diego, California  
Gianluca Tosini PhD, Chief Scientific Research Officer, Morehouse School of Medicine, Atlanta, Georgia  
Roger Tseng PhD, Biological Scientist, USDA, Ames, Iowa  
Judy Village PhD CCCPE, President, Association of Canadian Ergonomists, British Columbia  
Daniel S Whittaker PhD, Los Angeles, California  
Anna Wirz-Justice PhD, Professor Emeritus, Centre for Chronobiology, University of Basel, Switzerland  
Irving Zucker PhD, University of California, Berkeley  
Mariah Baughn MD, San Diego, California  
Richard E Cytowic MD, Washington, DC  
Mona Ezzat MD, San Diego, California  
John F Gottlieb MD, Clinical Assistant Professor of Psychiatry & Behavioral Sciences, Chicago, Illinois  
Royan Kamyar MD, Physician, La Mesa, California  
Jack Kruse DMD MD, Neurosurgeon, New Orleans, Louisiana  
Beth Malow MD MS, Medical Doctor & Researcher, Brentwood, Tennessee  
Tessa Sugarbaker MD MFT, San Francisco, California  
Nathaniel F Watson MD MSc, Bainbridge Island, Washington  
Dr Archana G Chavan, University of California, Merced  
Dr Chelsea Gustafson, Assistant Professor, Portland, Oregon  
Dr Paul Kelley, Milton Keynes, United Kingdom  
Dr Irving Lebovics, Los Angeles, California  
Prof Stacey Harmer, University of California, Davis  
Betty C Jung MPH RN MCHES, New Haven, Connecticut  
Fabian Mohedano, President of Catalan Council for Vocational Training, Former Member of Parliament

**“Permanent, year-round Standard Time is the best choice to most closely match our circadian sleep–wake cycle.**

Daylight Saving Time results in more darkness in the morning and more light in the evening, disrupting the body’s natural rhythm.”

**Muhammad Adeel Rishi MD**  
**Mayo Clinic & American Academy of Sleep Medicine**

<https://aasm.org/american-academy-of-sleep-medicine-calls-for-elimination-of-daylight-saving-time/>

 **SAVE STANDARD TIME**

**“The human circadian system does not adjust to Daylight Saving Time.**

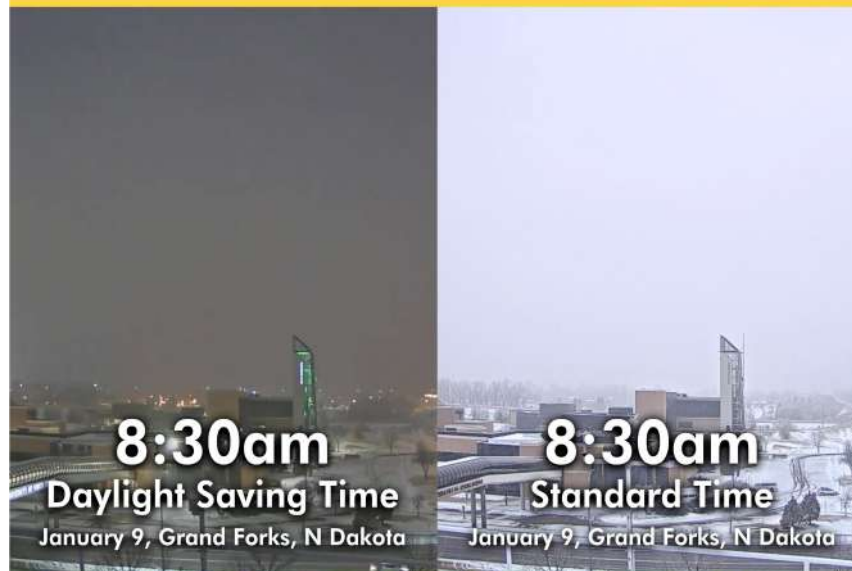
Sleep becomes disrupted, less efficient, and shortened. Permanent Standard Time is the healthier, more natural choice.”

**Nathaniel F Watson MD MSc**  
**Neurology Professor, University of Washington, Seattle**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6557642/>

 **SAVE STANDARD TIME**

**Most work/school starts at 8am.**  
How would you rather start your day half the year?



Permanent Standard Time is the safest, healthiest, quickest end to clock change.

 **SAVE STANDARD TIME**

8:03am average school start in the US. CDC, US ED, SASS, 2015. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6430a1.htm>  
7:55am median work arrival in the US. 538, ACS, USCB, 2014. <https://fivethirtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

**“Cancer rates significantly increase when sunrise is later.**

“Permanent DST would make sunrise later, while permanent Standard Time would make sunrise closer to body time.”

**Nicolas Cermakian PhD**  
**President, Canadian Society for Chronobiology**

<https://www.theglobeandmail.com/opinion/article-turn-back-the-clock-on-daylight-savings-why-standard-time-all-year/>

 **SAVE STANDARD TIME**

**“National PTA is opposed to Daylight Saving Time during the winter months because of the safety factor.”**

**Heidi May Wilson**  
**Spokesperson for the National Parent Teacher Association**

<https://www.washingtonpost.com/science/2019/03/08/springing-forward-daylight-saving-time-is-obsolete-confusing-unhealthy-critics-say/>

 **SAVE STANDARD TIME**

SENATE BILL NO. 2201

SUGGESTED AMENDMENT TO ABOLISH DAYLIGHT SAVING TIME  
AND TO RESTORE PERMANENT STANDARD TIME

A BILL for an Act to create and enact a new section to chapter 1-08 of the North Dakota Century Code, relating to requiring the state to observe standard time year-round; and to provide a contingent effective date.

BE IT ENACTED BY THE LEGISLATIVE ASSEMBLY OF NORTH DAKOTA:

SECTION 1. A new section to chapter 1-08 of the North Dakota Century Code is created and enacted as follows:

Year-round observance of standard time.

This state and each political subdivision shall be exempt from the advancement of time as provided by 15 U.S.C. 260(a) and shall observe standard time year-round as the standard time of the entire state and each political subdivision.

SECTION 2. CONTINGENT EFFECTIVE DATE. This Act becomes effective on the thirtieth day after the attorney general certifies to the legislative council that Minnesota, Montana, and South Dakota each have commenced the observance of standard time year-round as the standard time.



# Washington University in St. Louis

## ARTS & SCIENCES DEPARTMENT OF BIOLOGY

2021 February 28

Re: SB 2201—Oppose (Amend to permanent Standard Time)

Dear Honorable Representatives,

Please amend SB 2201 to permanent Standard Time. With good intentions, SB2201 would end annual time switching. However, revising it to permanent Standard (rather than Daylight Saving) Time would be consistent with the recommendations of the vast majority of physicians, scientists, professional Societies and advocacy groups on this issue. The Members of the Society for Research on Biological Rhythms and the American Academy of Sleep Medicine have led the research and public education on this issue in the United States. This is nicely summarized for the public including infographics and links to peer-reviewed publications on this website (<https://srbr.org/advocacy/daylight-saving-time-presskit/>).

Permanent DST (pDST) was tried in 1974 and failed within a year. Permanent Standard Time (pST) requires no changes to Federal law and allows for more people to experience sunlight on their way to school and work. This has health and economic benefits including better alignment of circadian rhythms with natural light cycles, increased sleep per day, and improved performance at work and school, and fewer sick days.

Sincerely,

A handwritten signature in black ink, appearing to read 'Erik D. Herzog'.

Erik D. Herzog, Ph.D.  
Viktor Hamburger Professor of Arts and Sciences  
Past President, Society for Research on Biological Rhythms



House Political Subdivisions Public Hearing

I am Eric Landsness, MD, PhD a sleep physician at Washington University in St. Louis, MO and I am writing to *oppose* permanent Daylight Savings Time (DST) and to **strongly support Permanent Standard Time**.

A wealth of reputable research supports the idea that DST, which results in exposure to daylight later in the day, makes it more difficult for people to wake up, and has overall negative effects on many aspects of health. While many people may like it staying light late at night in the summer, DST is associated with higher rates of obesity, diabetes, heart disease, depression, and cancer. In fact, when permanent DST was approved in the past (1974-5), people found they did NOT like it due to dark mornings in the winter, and it was repealed.

The scientific data is clear- permanent standard time is the best option in terms of health and overall happiness. Permanent Standard Time prevents dark winter mornings, and also avoids exposure to light late in the evening during the summer. All major sleep and circadian rhythm research societies support Permanent Standard Time, and I hope you will to.

Sincerely,

Eric Landsness MD, PhD  
Department of Neurology  
Washington University – St. Louis

3 March 2021

Re: SB 2201: Relating to daylight saving time.

Dear Honorable Representatives,

Whereas I fully support the abolition of the twice-yearly clock change, I am strongly opposed that it be in favor of permanent Daylight-Saving Time (DST).

Growing up in the United Kingdom, I recall when the British government adopted permanent DST in the early 1970s. The prospect of lighter winter evenings came at a cost, however, and was hugely unpopular with the British public. Parents were not at all happy about sending their children off to school in the dark and no-one liked the late sunrises. Permanent DST lasted a year, I think, before we went back to adjusting our clocks every spring and fall.

Please also consider this: North Dakota on permanent DST would mean that from November to about mid-March we would be one hour ahead of all the other states in the Central Standard time zone and two hours ahead of Mountain Time. From the standpoint of the residents in those states (and the Canadian provinces to our north), North Dakota's stores, restaurants and other businesses would therefore close early for about half the year, including the four or five extremely busy shopping weeks between Thanksgiving and Christmas.

For the sake of our wellbeing and a healthy economy, I respectfully ask that SB 2201 be amended to permanent Standard Time.

Thank you for your time and consideration.

Sincerely,

Lorraine A. Manz

# Professional Fire Fighters of North Dakota

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Darren Schimke, President | 218-779-4122 | [dschimke@wiktel.com](mailto:dschimke@wiktel.com)

3-5-2021

House Political Subdivision

Mr. Chairman and members of the Political Subdivision Committee,

My name is Darren Schimke, President of the Professional Fire Fighters of North Dakota representing 415 professional firefighters across our great state. We appreciate the opportunity to provide testimony in favor of SB 2201.

With the amendment to the contingent effective date to include the implementation of SB 2201 hinging on surrounding States also observing day light savings time year around, the members of the PFFND are in support of SB 2201 and encourage a Do Pass recommendation.

The original version would have caused some negative implications to our daily lives. With this amendment, we can no longer see any reason to stand opposed, as we did before.

Thank you,

Darren Schimke