

Please see written testimony for upcoming hearing on HB 1009

As a sleep medicine physician and co-chair for the coalition for Permanent Standard Time, I urge you to vote NO on HB1009 for permanent Daylight Saving Time

Permanent standard time aligns clocks closest to sun time naturally aligning our circadian rhythms with our daily activities. This is best for physical and mental health, education, workplace productivity and safety and road safety. It is already approved by the federal government so is the quickest way to end clock change.

Permanent daylight saving time has been tried twice before in the US and quickly became unpopular. In South Dakota permanent daylight saving time would lead to over 4 - 4 ½ months with sunrises after 8 AM depriving residents on critical morning light. While ending clock change would reduce short term risks in the days after the spring clock change, ending it with permanent daylight saving time is more harmful than the status quo. Permanent daylight saving time leads to higher rates of depression and the later sunrises and sunsets are associated with more obesity, heart disease, cancer, fatal car crashes, and suicides. Heating and cooling costs increase with permanent daylight saving time. Standardized test scores are lower with daylight saving time.

Permanent standard time is endorsed by the American Medical Association, American Academy of Neurology, American Thoracic Society, National Safety Council, National Parent Teacher Association and others. It is endorsed by religious groups whose prayer times are affected by the sun. The coalition of permanent standard time is a collaboration of the American Academy of Sleep Medicine, Society for Research on Biological Rhythms, Sleep Research Society, Save Standard Time and National Sleep Foundation. To learn more you can watch the Science of Clock Change series available on You Tube or at [savestandardtime.com](http://savestandardtime.com).

Karin Johnson, MD, FAAN, FAASM  
Professor, Department of Neurology, UMASS Chan School of Medicine-Baystate  
Co-Chair, Coalition for Permanent Standard Time  
Vice President, Save Standard Time  
Sleep Section Chair, American Academy of Neurology  
Springfield MA  
[karin.johnson@baystatehealth.org](mailto:karin.johnson@baystatehealth.org)  
413-214-5578