



Coalition for
**Permanent
Standard Time**

STOP THE SWITCH WITH PERMANENT STANDARD TIME

- 1. Naturally aligned sun time promotes sleep and circadian health, a pillar of physical and mental health and brain function**
- 2. Permanent standard time supports our children, families, and workforce**
- 3. Permanent standard time ends clock change, best aligns with values and is endorsed by the medical community**

Body clocks set by morning sun are essential for physical and mental health, and brain performance. Daylight saving time (DST) robs people of the choice to optimize sleep.

During standard time, clock time is naturally aligned with sun overhead closer to noon. Studies show standard time **improves sleep** and our brain functions. Standard time boosts prosperity through **better health and safety** with less heart disease, obesity, cancer, and fewer fatal car crashes. **Mental health improves** with less depression and suicide. Standard time **enhances education, sports performance, and workforce productivity.**

The **harmful effects of daylight saving time are not temporary**, not limited to the spring clock change when there is an increase in strokes, heart attacks and car crashes.

Permanent daylight saving time was tried and failed twice before in the United States, as it is more disruptive in the winter with sunrises after 8 AM for 2-4 months. **Daylight saving time does not add any additional light to the day.**

Permanent standard time is **best for our adolescents and teenagers**, who are most impacted by delayed clock times. Standard time **benefits anyone with early school or work start times** at or before 8 AM **reducing structural disparities.**

Daylight saving time does not save energy year-round, instead it increases heating in winter and cooling in summer. With standard time, voters **save money with lower utility, gas and health care bills.** Permanent standard time **best supports religious practices** that align with the sun. While public opinion polls vary in preference for permanent standard vs. daylight time, more **voters' values align with permanent standard time.**

The Coalition for Permanent Standard Time (CpST) is comprised of the American Academy of Sleep Medicine, National Sleep Foundation, Save Standard Time, Sleep Research Society, and Society for Research on Biological Rhythms. **CpST, the American Medical Association and numerous medical, scientific, and civic organizations support ending clock change with permanent standard time for our health, our families, our workers, and our prosperity.**



Coalition for Permanent Standard Time



American Academy of Sleep Medicine



National Sleep Foundation



Save Standard Time



Sleep Research Society



Society for Research on Biological Rhythms



Science of Clock Change Video Series



American Medical Association Endorsement

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