

From: Seema Khosla <skhosla@medbridgegroup.com>
Sent: Tuesday, January 16, 2024 1:07 PM
To: Seema Khosla <skhosla@medbridgegroup.com>
Subject: [EXT]: Please vote NO to permanent Daylight Saving time HB 1009

Dear Representatives,

I am a sleep medicine physician and am the current president of the Dakota Sleep Society representing sleep professionals in both North and South Dakota. We urge you to please consider the importance of sleep health in our communities. Standard time is more aligned with our biological rhythms. We see more heart attacks, strokes, and accidents the Monday following Daylight Saving Time (when we spring forward and lose an hour). This increased risk remains present until the clocks turn back in the fall.

Unfortunately, too many people associate DST with spring time and do not think ahead to how this impacts our schedules in the fall and winter. Our youth in ND and SD already have a higher-than-average [suicide rate](#). Morning light is extremely important for the mental health of our adolescents. If we have permanent DST, sunrises will be later and our children will have yet another challenge to overcome as they try to maintain their mental health.

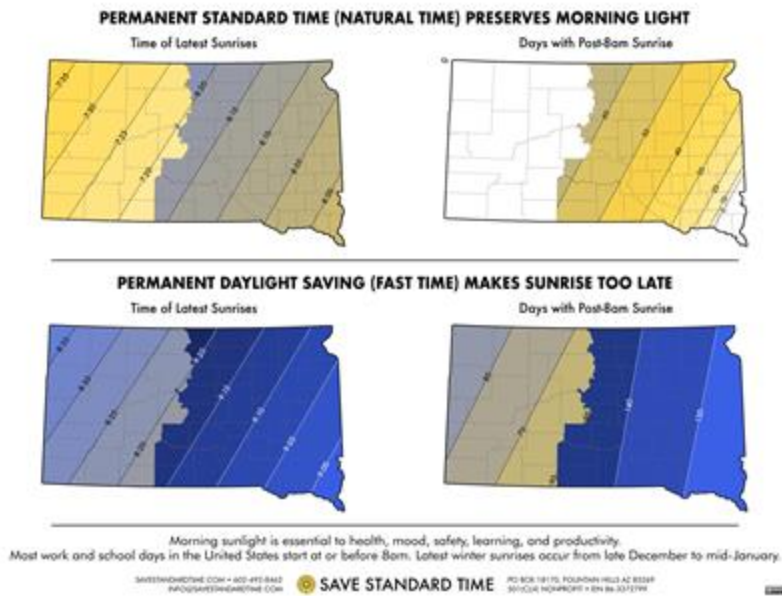
While I certainly understand the appeal of more light in the afternoon, this comes at the expense of our physical and mental health. The American Academy of Sleep Medicine (AASM) has evaluated this issue and believes that permanent Standard Time is the healthiest option. Please remember that permanent Daylight-Saving time was already trialed in 1974 and failed thus making it prohibited on a federal level.

It is opposed by the Dakota Sleep Society, American Medical Association, American Academy of Neurology, American Thoracic Society, American College of Chest Physicians, National Safety Council, American Academy of Sleep Medicine, National Sleep Foundation, National PTA, American College of Occupational & Environmental Medicine, Sleep Research Society, Start School Later, Society for Research on Biological Rhythms, editorial boards of Bloomberg, Oregonian, Star Tribune, Sun Sentinel, writers from Cato, Daily Wire, Breaking Points, and many more—all of whom endorse instead permanent Standard Time (natural time).

The AASM's most recent statement is here: <https://aasm.org/new-position-statement-supports-permanent-standard-time/>

The AASM Talking Sleep podcast touches on this topic annually as well:
<https://aasm.podbean.com/e/daylight-saving-time-advocacy/>

Permanent DST will result in delayed sunrises past 8 am for 146 days a year, going as late as 9:22 am. A map is below:



Thank-you for your consideration. I look forward to ND and SD leading the nation by supporting permanent Standard Time. As always, I am happy to discuss this further via email or telephone (701) 356-3000.

Please only respond during your work hours – enjoy your life away from work.

Seema Khosla, MD FCCP FAASM | Medical Director

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