



Coalition *for*

# **Permanent Standard Time**

## **Permanent Standard Time**

### **Advocacy Toolkit**

Including 2-page Flyer and Template Individual Outreach Letter



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**Permanent  
Standard Time**

## *Stop the Switch*

# **SUPPORT PERMANENT STANDARD TIME**

Every year, we make the switch between standard time and daylight saving time (DST) when we “fall back” to standard time in November and “spring forward” to DST in March. **The Coalition for Permanent Standard Time (CpST) supports the elimination of the biannual clock change through restoration of permanent standard time and the elimination of daylight saving time.**

The annual time change is damaging for our health. [Data clearly shows](#) that the abrupt change from standard time to DST in March is associated with significant public health and safety risks, including increased risk of adverse cardiovascular events, mood disorders, and motor vehicle crashes.

**It is clear that the annual time change must be eliminated and permanent standard time be restored.** [Current evidence](#) supports the adoption of year-round standard time, which aligns best with human circadian biology and provides clear benefits for public health and safety. Circadian misalignment is a mismatch in the timing between our biological clocks and our work, school, and sleep routines. This occurs when we are waking up in the dark to go to work or school or getting late evening light that adversely affects the body’s ability to fall asleep by suppressing melatonin. Circadian misalignment has been correlated with detrimental health effects, including cancer, cardiovascular disease, Type 2 diabetes, and neurodegenerative disease.

**DST has been shown to lead to chronic sleep deprivation amongst adults and adolescents.** [Research has found](#) that adolescents get less sleep and had longer reaction times, increased lapses in vigilance, and increased daytime sleepiness following the switch to DST. These effects are especially pronounced in children with autism who are especially susceptible to chronic sleep issues. Permanent standard time is the best option for health.

**The AMA House of Delegates [passed a resolution](#) supporting standard time.** In addition, numerous medical, scientific, and civic organizations support permanent standard time, including the members of the CpST, American College of Chest Physicians, American College of Occupational and Environmental Medicine, National PTA, National Safety Council, Society for Research on Biological Rhythms, and World Sleep Society.

**Congress previously enacted legislation to make DST permanent and repealed it less than a year later.** During the 1974 energy crisis, permanent DST was thought to save energy by decreasing the need for electric lighting in the evening. However, energy savings from DST appear negligible, as air conditioning needs often increase in the late afternoon in the summer and heating needs often increase in the morning in the winter. In addition, the dark mornings were very unpopular, with sunrise arriving in DC and New York around 8:30am and not until around 9am in Detroit and Indianapolis. A number of children were fatally struck by cars as they made their way to school in the dark. Permanent DST was repealed by Congress less than a year after its implementation. The House vote to end permanent DST was 383-16 and the Senate agreed in a voice vote.

*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.*

## TEMPLATE CONGRESSIONAL OUTREACH LETTER FOR INDIVIDUALS

**RE:**

Dear

I am writing to ask that you oppose legislation to establish permanent daylight saving time because it negatively impacts our sleep health and safety. Instead, I ask that you support efforts to restore permanent standard time, which best aligns with the internal body clock and is the healthy choice.

As a member/supporter of Coalition for Permanent Standard Time (CpST) and concerned citizen, I understand the impact that sleep has on our health and safety. The 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. These organizations are leaders in the field of sleep medicine, research, education, and advocacy.

Current evidence supports the adoption of year-round standard time, which aligns best with human circadian biology and provides distinct benefits for public health and safety. This position is shared by more than 20 medical, scientific, and civic organizations, including the members of the CpST, American Medical Association, American Academy of Neurology, American College of Chest Physicians, American College of Occupational and Environmental Medicine, National PTA, National Safety Council, and World Sleep Society. In contrast, daylight saving time can cause misalignment between the biological clock and our environment, resulting in significant health and public safety-related consequences, especially in the days immediately following the annual change to daylight saving time.

Moreover, Congress previously enacted legislation in 1974 to make daylight saving time permanent and repealed it less than a year later, after energy savings from daylight saving time appeared negligible and the dark mornings were very unpopular, especially among parents whose children had to travel to school in the dark.

For the health and wellbeing of the nation, I ask that you oppose any efforts to enact legislation that will implement permanent daylight saving time. Instead, Congress should work to enact legislation that eliminates the biannual time change and restores permanent standard time for the entire year.

Sincerely,