

Witness Testimony for the 3rd Hearing on HCR 10
Ohio House Government Oversight Committee
October 21, 2025

Chairman Hall, Ranking Member Gross, and members of the Committee. I am Joe Loyd, a resident of Chardon, Ohio, testifying in opposition to HCR 10's push for permanent Daylight Saving Time (DST). I echo the strong prior opposition from earlier on May 13, highlighting DST's misalignment with natural rhythms, federal dependency risks, and Ohio's path to immediate relief via permanent Standard Time.

I urge you to amend HCR 10 to advocate for—and enable—permanent Standard Time, backed by science, history, and public will.

First, Ohioans demand an end to clock changes, favoring permanent Standard Time for its health benefits. A 2023 American Academy of Sleep Medicine survey shows 63% national support, citing better sleep, lower heart disease risk, and safer mornings for children—vital in Ohio, where permanent DST could spike accidents by 6% per a 2020 JAMA Pediatrics study.

Second, linking to the stalled Sunshine Protection Act invites chaos: a patchwork of time zones with neighbors like Indiana and Kentucky opting differently, disrupting business, travel, and emergencies. Indiana's 2006 DST shift cost millions; permanent Standard Time avoids this without federal delays.

Third, Ohio can act now under the 1966 Uniform Time Act to adopt permanent Standard Time unilaterally, like Arizona and Hawaii. Permanent DST requires elusive congressional approval. History proves the peril: The 1974 year-round DST trial, amid the oil crisis, was reversed in months due to 20% more school bus accidents, <1% energy savings (1975 DOT report), and public outcry over sleep disruptions. In closing, amend HCR 10 to champion permanent Standard Time—delivering healthier, unified Ohioans free from clock torment.

Thank you for your time and consideration. I am available to answer questions or provide further input.

Respectfully submitted,