

**Senate Government Oversight and Reform Committee**  
**Senate Concurrent Resolution 6**  
**Wednesday, March 19, 2025**

Chairman Manchester, Vice Chair Brenner, Ranking Member Weinstein, and distinguished members of the Government Oversight and Reform Committee, Thank you for the opportunity to submit testimony regarding Senate Concurrent Resolution 6 (S.C.R. 6). My name is Joe Loyd, and I am a concerned citizen of Ohio, speaking today in opposition to this resolution.

While I recognize the intent to address the disruption of biannual time changes, I strongly oppose S.C.R. 6's call to urge Congress to make Daylight Saving Time (DST) the permanent standard time. This approach is unnecessary and misguided when Ohio already has the authority to end time changes independently, and it fails to reflect the preferences of many Ohioans as shown in recent polling.

S.C.R. 6 asserts benefits of permanent DST, such as extended evening daylight and potential energy savings, but these claims are overstated and ignore significant drawbacks. My opposition centers on three points: Ohio's existing power to act without Congress, the adverse effects of permanent DST, and public sentiment favoring a different path.

First, Ohio does not need congressional approval to end time changes, rendering S.C.R. 6's appeal to Congress unnecessary. Under current federal law (the Uniform Time Act of 1966), states can opt out of DST and adopt permanent Standard Time without federal intervention, as Arizona and Hawaii have done successfully for decades. Rather than waiting for a gridlocked Congress to act on a nationwide DST mandate, an uncertain and lengthy process, Ohio's legislature could immediately eliminate clock shifts by choosing Standard Time. This solution is within our state's grasp, making S.C.R. 6 an inefficient detour that delays relief for Ohioans tired of time changes.

Second, permanent DST would harm Ohioans more than help them. By pushing sunrise later, potentially beyond 8:30 a.m. in winter, permanent DST disrupts natural sleep cycles, a concern backed by the American Academy of Sleep Medicine, which warns of increased health risks like fatigue and heart issues. For Ohio, crossing the western edge of the ideal Eastern Time Zone, this shift would mean darker mornings, endangering schoolchildren on their commutes and misaligning daily life with solar time. Farmers, workers, and families would face practical challenges, outweighing the questionable benefits of evening daylight cited in the resolution. Historical experiments, like the 1970s DST trial, were repealed due to public backlash over similar issues. Ohio should not repeat this mistake.

Third, recent polling shows many Americans, including Ohioans, prefer ending time changes altogether, not locking into DST. A January 2025 Gallup poll (<https://news.gallup.com/poll/657584/half-daylight-saving-time-sunsetted.aspx>) found

that 54% of U.S. adults want to sunset Daylight Saving Time, with a plurality favoring year-round Standard Time over permanent DST. This aligns with growing calls to stop clock shifts, but S.C.R. 6 pushes in the opposite direction by advocating a less popular option. Ohio should heed this public sentiment and prioritize a solution that reflects both practicality and constituent will: permanent Standard Time, which we can enact now.

In conclusion, S.C.R. 6 is an unnecessary and flawed proposal. Ohio has the power to end time changes today by adopting permanent Standard Time, avoiding the health risks and misalignment of permanent DST while honoring public preference as evidenced by the Gallup poll. I urge the committee to reject S.C.R. 6 and instead pursue a state-level solution that serves Ohioans effectively and immediately.

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

Respectfully submitted,

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