

NO ON SCR 6; RESTORE PERMANENT STANDARD TIME INSTEAD.

TO: OHIO SENATE COMMITTEE ON GOVERNMENT OVERSIGHT AND REFORM



Regarding Wednesday's resolution for permanent Daylight Saving Time: OPPOSE IT

Dear Committee on Government Oversight and Reform,

I'm thrilled that the State of Ohio is moving to consider stopping clock change. I am the chair of the American Academy of Sleep Medicine, Advocacy Committee. We have been advocating for this for a very long time. And, we were recently at Capital Hill providing information on why STANDARD TIME (and not Daylight Savings Time) is the healthier choice for America.

While I could not make it in person, I join many in my sleep field and many Americans who oppose the direct the clock change proposed by SCR 6 would take us. **Please oppose SCR 6,** permanent Daylight Saving Time (DST). There is only a finite amount of sun. When moving the clock to DST we lose very healthy sunlight in the morning, where it best helps us align with sleep and circadian health. Our sunlight will naturally extend into longer sunny days as the year progresses- naturally, with more light at night even with permanent standard time. Most Americans associate DST with more sunlight, because we change to DST as the sunny days are getting longer. But instead, we find very bright evenings later in the summer (which makes it difficult to put kids to bed at 8:30pm when it's still bright outside!)

Please amend or replace with legislation for permanent Standard Time (natural time).

Permanent DST is federally prohibited and more harmful than clock change. It would put sunrise past 8am for 4+ months, later even than 9am. It would mandate millions of Ohioans to start school/work in the dark all of cold winter. It historically costs lives and business when tried. Permanent Standard Time instead is federally approved. It is the honest clock, set to the sun, historically best for health, safety, education, and economy. Arizona and Hawaii have observed permanent Standard Time for decades, as have most nations. President Trump initially said he would support the clock change in America. Let's do it in 2025!! But, in the RIGHT direction: permanent Standard Time.

Not only are the AASM and other Sleep Expert Groups in favor of Standard Time, the majority of Americans are now in favor too!



- A recent [Gallup](#) finds half of Americans want permanent Standard Time, only a quarter want permanent DST.



- People want to have brighter mornings for safety and schools



- We tried permanent DST—and if FAILED. It was supposed to be pDST for 2 years- it was appealed after one year. We need to learn from history where kids were killed at dark bus stops.
- People want to give permanent ST a chance (and revert back to what we were doing when we were better aligned with the sunlight).
- We cannot afford the potential risks to health and safety in our country by going to pDST.
- pST is the HEALTHIER choice.

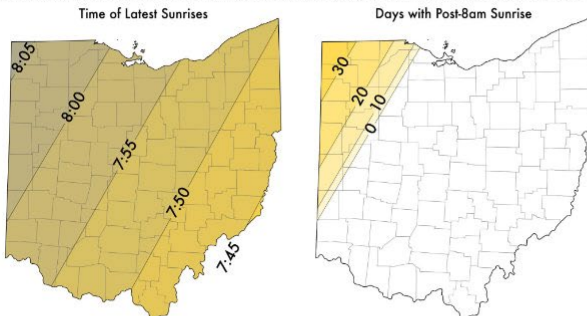
The Opportunity



OHIO has the power to make this positive change for the American People.

- So NO to dark winter morning in the Ohio.
- For Legislation Oppose S. C. R. No. 6-→ Say NO ; Restore Permanent Standard Time Instead.

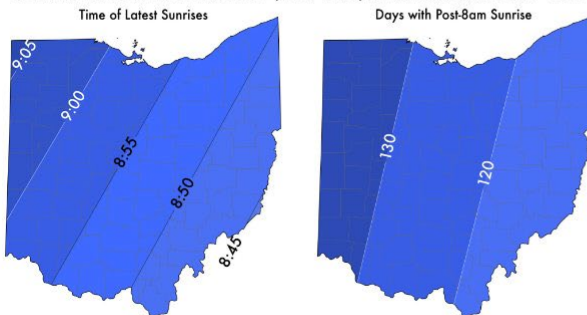
PERMANENT STANDARD TIME (NATURAL TIME) PRESERVES MORNING LIGHT



PERMANENT STANDARD TIME (NATURAL TIME) KEEPS SUNRISE BEFORE WORK/SCHOOL



PERMANENT DAYLIGHT SAVING (FAST TIME) MAKES SUNRISE TOO LATE



PERMANENT DAYLIGHT SAVING TIME (FAST TIME) FORCES PRE-SUNRISE START TIMES



SAVE STANDARD TIME

OUR PROPOSAL

No on SCR 6.

Thank you!

Sally Ibrahim, MD FAAP FAASM

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