

YES ON SB-1413/AB-1776

RESTORE PERMANENT STANDARD TIME

Most work/school starts at 8am.

How would you rather start your day half the year?



Permanent Standard Time is the safest, healthiest, quickest end to clock change.



SAVE STANDARD TIME

8:03am average school start in the US. CDC, US ED, SASS, 2015. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6430a1.htm>
7:55am median work arrival in the US. 538, ACS, USCB, 2014. <https://fivethirtyeight.com/features/which-cities-sleep-in-and-which-get-to-work-early/>

“Permanent Standard Time is the only fair, viable option...”

“Permanent Daylight Saving could create real health/safety issues. Humans require adequate morning light so that our internal biological rhythms synchronize properly to local time. Lack leads to metabolic disorders, depression, cardiovascular disease...”

Chancellor Gene Block PhD, UCLA

<https://newsroom.ucla.edu/stories/who-wants-to-go-to-work-in-the-dark>

“Eliminating Daylight Saving would result in fewer cases of seasonal affective disorder.”

Michael T Ingram Jr MD

Board-Certified Psychiatrist, Los Angeles

<https://news.ucr.edu/articles/2022/03/29/experts-urge-reconsideration-standard-time-keeping>

“Standard Time is better aligned with the position of the sun and human nature.

It generally synchronizes people’s waking with sunrise and bedtime with darkness, in accordance with circadian rhythms. It also enables children and adults to go to school and work in daylight. Daylight Saving Time effectively does the reverse.”

Bloomberg Editorial Board

<https://www.bloomberg.com/opinion/articles/2022-03-18/just-say-no-to-permanent-daylight-saving-time>

“Permanent Standard Time is best aligned with human circadian biology and has the potential to produce beneficial effects for public health and safety.”

American Academy of Sleep Medicine

Representing 11,000 accredited member sleep centers and individual members, including physicians, scientists, and other health care professionals.

<https://jcsn.aasm.org/doi/10.5664/jcsn.8780>

STANDARD TIME ALIGNS TO THE SUN • DAYLIGHT SAVING TIME FORCES EARLIER WAKING

