

March 20, 2023

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RE: H267- Full-Year Standard Time– SUPPORT, H329- OPPOSE

Dear Honorable Members of the Vermont Legislature:

The American Academy of Sleep Medicine (AASM) **SUPPORTS** H267 introduced by Representative Roberts. The AASM supports the elimination of the biannual time changes in March and November but is advocating for legislation restoring permanent standard time. The AASM has a combined membership of 12,000 accredited sleep centers and individuals, including physicians, scientists and other health care professionals.

As described in an AASM [daylight saving time position statement](#), standard time aligns best with human circadian biology. Standard time is closely aligned with the position of the sun, which is important for the body because sunlight is the most powerful external cue for the human circadian rhythm. This internal “body clock” regulates the timing of alertness, sleepiness, and other biological functions.

By artificially shifting the clock time an hour forward, daylight saving time causes a misalignment between clock time and solar time, interfering with our circadian timing. This disruption results in a condition known as “social jet lag,” which is associated with an increased risk of obesity, metabolic syndrome, cardiovascular disease, and depression. If daylight saving time becomes permanent, then your constituents will be living with social jet lag year-round.

Rather than “saving” light, daylight saving time shifts the clock time of daylight hours later in the day, causing it to remain dark later in the morning, which is especially problematic for people who experience seasonal affective disorder. Morning sunlight is essential for mood regulation, especially during the shorter days of winter.

The long, dark mornings caused by permanent daylight saving time also would make it difficult to wake up for school and work in the winter, and the safety of children would be jeopardized while waiting at the bus stop and walking to school in the dark. These concerns caused public support for permanent daylight saving time to plummet after Congress enacted the Emergency Daylight Saving Time Energy Conservation Act of 1973. After just one winter of permanent daylight saving time, the trial was aborted, and Congress reversed course by amending the legislation to reinstate standard time during the winter months beginning in November 1974.

Please vote **YES** on this bill for the health and safety of the citizens in your state.

Sincerely,

Jennifer L. Martin, PhD
President