

United States Senate

WASHINGTON, DC 20510-4704

COMMITTEES:
APPROPRIATIONS
BUDGET
HEALTH, EDUCATION, LABOR,
AND PENSIONS
VETERANS' AFFAIRS

March 18, 2022

The Honorable Nancy Pelosi
Speaker
U.S. House of Representatives
H-232, The Capitol
Washington, D.C. 20515

Dear Speaker Pelosi,

I write to urge the House of Representatives to consider and pass of S. 623, *a bill to make daylight saving time permanent, and for other purposes* ("the Sunshine Protection Act"), as soon as possible.

To date, 19 states¹ across our country have enacted legislation or passed resolutions to provide Permanent DST. Unfortunately, these states are powerless to realize the overwhelming will of their residents in the face of federal inaction. With the Senate's unanimous passage of the Sunshine Protection Act, Congress is poised to end the senseless practice of changing our nation's clocks twice a year and to ensure that Americans across the country can enjoy daylight when typically caring for other members of their households or engaging in leisure activities.²

The history of resetting our clocks semiannually dates back a full century and no longer serves the outdated purpose it once did.³ Besides being rid of the inconvenience of resetting clocks, switching to permanent DST also offers a range of notable public health benefits. Spending more standard work hours in sunlight would likely reduce rates of seasonal depression,⁴ while not having to juggle time changes could reduce heart problems⁵ and risk of stroke.⁶ Americans tend to exercise more⁷ frequently during DST, as well. Similarly, researchers have suggested that the

¹ Rice, Doyle. "Daylight Saving Time Ends Sunday. These 19 States Want to Make It Year-Round." *USA Today*, Gannett Satellite Information Network, 6 Nov. 2021, <https://www.usatoday.com/story/news/nation/2021/11/04/daylight-saving-time-legislation-fall-back/6233980001/>.

² Yau, N. "American daily routine." *FlowingData*. 31, Dec. 2017. <https://flowingdata.com/2017/10/19/american-daily-routine/>

³ Ahmed, S. (2022, March 16). "Why and when the US started changing the clock." *CNN*. 16 Mar. 2022. <https://www.cnn.com/2022/03/15/us/daylight-saving-time-history-trnd/index.html>

⁴ Hansen, Bertel T.; Sønderkov, Kim M.; Hageman, Ida; Dinesen, Peter T.; Østergaard, Søren D. Daylight Savings Time Transitions and the Incidence Rate of Unipolar Depressive Episodes, *Epidemiology: May 2017 - Volume 28 - Issue 3 - p 346-353* doi: 10.1097/EDE.0000000000000580

⁵ Manfredini, R et al. "Daylight saving time and myocardial infarction: should we be worried? A review of the evidence." *European review for medical and pharmacological sciences* vol. 22,3 (2018): 750-755. doi:10.26355/eurrev_201802_14306

⁶ Sipilä, Jussi O T et al. "Changes in ischemic stroke occurrence following daylight saving time transitions." *Sleep medicine* vol. 27-28 (2016): 20-24. doi:10.1016/j.sleep.2016.10.009

⁷ Uttley, Jim, and Steve Fotios. "Using the Daylight Savings Clock Change to Show Ambient Light Conditions Significantly Influence Active Travel." *Journal of Environmental Psychology*, vol. 53, 2017, pp. 1-10., <https://doi.org/10.1016/j.jenvp.2017.06.003>.

United States would experience fewer car accidents⁸ and evening robberies,⁹ thanks to a more regular schedule and the extra hour of sun later in the day.

There is reason to believe that permanent DST would see economic pay-offs, too. Studies have shown reduced economic activity¹⁰ in standard time, which spans from November to March. Adopting permanent DST could offset this, as well as lead to greater energy savings¹¹ across the country. Furthermore, the notion that DST was implemented for farming or agriculture is untrue. In fact, year-round DST would benefit our nation's farmers,¹² who end up disproportionately inconvenienced in our current system as the changes disrupt agricultural schedules, disorient animals' biological clocks, and interrupt coordination with supply chain partners.

Springing forward and falling back year after year only creates unnecessary confusion while harming Americans' health and our economy. I hope, once again, for your immediate consideration of this commonsense legislation.

Sincerely,



Patty Murray
United States Senator

⁸ "As Daylight Savings Ends, Danger On Roads Increases." *The National Road Safety Foundation (NRSF)*, 1 Nov. 2019, <https://www.nrsf.org/sites/default/files/press-releases/nrsf-press-release-daylight-savings-fall-2019.pdf>. Press Release.

⁹ Doleac, Jennifer L., and Nicholas J. Sanders. "Fighting Crime with Daylight Saving Time." *Brookings*, Brookings, 29 Oct. 2015, <https://www.brookings.edu/blog/brookings-now/2015/10/29/fighting-crime-with-daylight-saving-time/>.

¹⁰ Wylie, Melissa. "Time Change Cost Retailers." *BizWomen*, BizJournals.com, 7 Nov. 2017, <https://www.bizjournals.com/bizwomen/news/latest-news/2017/11/time-change-costs-retailers.html?page=all>.

¹¹ Matulka, Rebecca. "Top 8 Things You Didn't Know About Daylight Saving Time." *Energy.gov*, 6 Mar. 2014, <https://www.energy.gov/articles/top-8-things-you-didn-t-know-about-daylight-saving-time>.

¹² "Myth vs. Fact: Daylight Saving Time and Farming." *AgAmerica*, AgAmerica Lending, 5 Nov. 2021, <https://agamerica.com/blog/myth-vs-fact-daylight-saving-time-farming/>.