



# Society for Research on Biological Rhythms

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The undersigned organizations support the establishment of a national, fixed, year-round time by eliminating seasonal time changes in the spring and fall. However, we stand in opposition to Senate bill S-623 (for permanent Daylight Saving Time), which was recently passed in the US Senate (<https://www.congress.gov/bill/117th-congress/senate-bill/623>). There is strong scientific and medical evidence that supports permanent Standard Time. Evidence for keeping Standard Time also includes the rapid repeal of permanent DST in the past due to public safety concerns during dark morning commutes necessitated by DST.

We recommend the following action items:

1. We encourage the Department of Transportation to respond to the request from the House Committee on Energy and Commerce for an analysis of the impact of seasonal time changes.
2. We encourage the House to discuss the relative benefits of pDST vs. pST to health, safety, and economics based on current data.
3. We encourage the Department of Transportation, which enforces the Uniform Time Act, to update its DST website for legislators and the public to accurately summarize the consequences in the days following the switch to DST or ST and of remaining on permanent DST or ST.

Sincerely,

American Academy of Sleep Medicine (AASM)  
Society of Behavioral Sleep Medicine (SBSM)  
Society for Research on Biological Rhythms (SRBR)