



DITCH DST WITH PERMANENT STANDARD TIME

Standard Time naturally aligns our clocks to the sun promoting physical, mental, and brain health

Protects morning light improving sleep and brain function of our children, families, and workforce

Best, lasting way to ditch the switch and finally end the clock change

Body clocks set by morning sun are essential for physical, mental, and brain health. Daylight saving time (DST) deprives people of morning sunlight and the opportunity to optimize their sleep.

Studies show that **standard time** improves our sleep and thereby our lives by:

- Boosting health and safety with less heart disease, obesity, cancer, and fewer fatal car crashes.
- Improving mental health with less depression and suicide.
- Enhancing education, sports performance, and workforce productivity.

The harmful effects of daylight savings time linger after the spring clock change when there is an increase in strokes, heart attacks and car crashes.

Permanent daylight saving time was tried twice in the United States in an attempt to save energy costs, **and it failed twice**, as it was too disruptive in the winter with sunrises after 8 AM for 2-4 months. **Daylight saving time does not save energy year-round**, instead it increases heating in winter and cooling in summer. **With standard time, voters save money with lower utility, gas, and health care bills.**

Permanent standard time is best for our adolescents and teenagers, who are most impacted by later sunrises. Standard time benefits anyone with early school or work start times at or before 8 AM, reducing sleep deficits.

Public supports Permanent Standard Time. A March 2025 Gallup [poll](#) found 48% of Americans favor permanent standard time vs. 24% for daylight saving time.

WE ASK: Introduce Permanent Standard Time Legislation

Endorsed by the AMA and the medical and scientific community

For additional information, please contact Eric Albrecht at ealbrecht@aasm.org.