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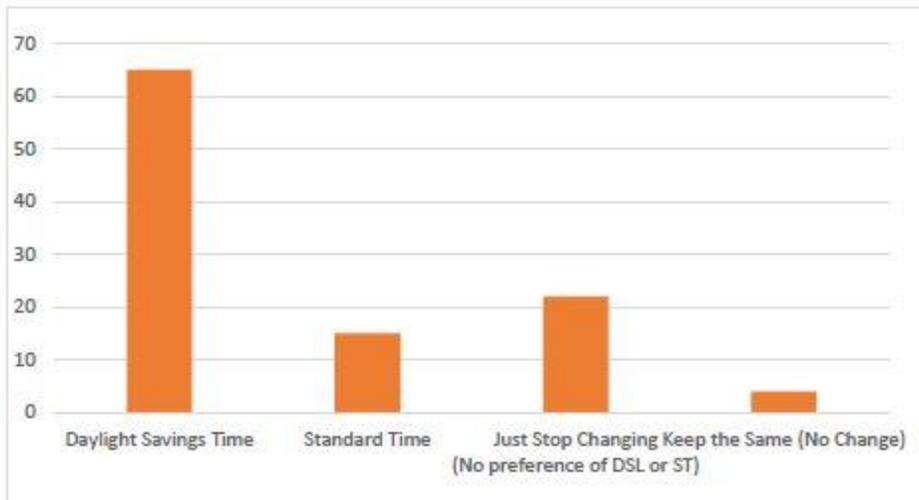
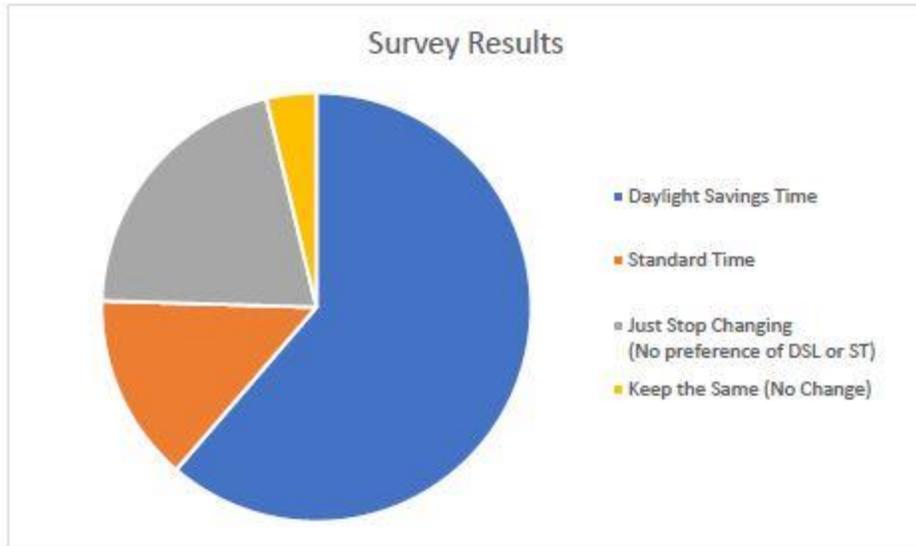
Testimony HCR 5008  
Kansas House Federal and State Affairs Committee

Thank you, Chairman Barker and Committee Members, for allowing me to testify today in favor of HCR 5008, A CONCURRENT RESOLUTION urging the U.S. congress to extend daylight saving time throughout the year for the whole nation.

Every year when daylight saving time resumes on the second Sunday in March and ends on the first Sunday in November, I hear comments about having to change clocks, it gets dark too early or it gets dark I dark too late among other comments.

On January 23 I started a Facebook Survey asking people what their preferences were regarding the time change and I got the following response:

<b>Daylight Savings Time Survey</b>		
Daylight Savings Time	65	60%
Standard Time	15	14%
Just Stop Changing (No preference of DSL or ST)	22	20%
Keep the Same (No Change)	4	4.00%
<b>Total Respondents</b>	<b>108</b>	<b>100%</b>



Survey taken January 23 to January 26

Personally, I would prefer year around Standard Time. I get up early and go to bed early. But that is not what our constituents say they want. Overwhelmingly, they support year around daylight savings time. 60% of those in my survey want year around daylight savings time and 20% don't care between Daylight or Standard time they just want to #LOCKTHECLOCK. 4% of those in this survey want to leave things just like they are.

**Why a Joint Resolution rather than a bill?**

This resolution supports national daylight savings time year around, so concerns about Kansas not being in sync with neighboring states are avoided.

Federal law allows a state to exempt itself from observing daylight savings time but does not allow a state to legislate permanent daylight savings time.

It is a great signal to our federal delegation that they should get on board of a federal solution that allows us to lock the clock. For instance, in 2019, Florida Senator Marco Rubio introduced to Congress the "Sunshine Protection Act", a bill to permit states to observe permanent DST. The bill was referred to the Committee on Commerce, Science, and Transportation, where it did not receive a hearing.

As mentioned above year around daylight savings time is the option that the majority of our constituents support.

I hope you will support this resolution. It is something our constituents want and it is a way to move the ball forward. Below are some articles and sources for additional information in support of #locktheclock as well as answering concerns

### **Research in support of year around daylight savings time**

“Heart attacks go up because of the clock change.”

New England Journal of Medicine, Sleep Medicine Journal, European Journal of Public Health, European Heart Journal

“Strokes and incidents of Atrial Fibrillation go up because of the clock change.”

Circulation Journal, and Sleep Medicine Journal

“Clock-changing increases IVF miscarriages.”

Chronobiology International

“Deaths from drug overdoses and suicide would decline with no time change and permanent DST”

City University of New York

“The “Fall Back” change brings an increase in depression.”

Journal of Epidemiology

“Year-round Daylight Time means people walk and ride bikes more.”

Journal of Environmental Psychology

“The clock change compromises sleep duration and efficiency, and regulation of cortisol.”

Neuroscience Letters

“There is NO increased risk to children in rural areas.”

American Journal of Public Health

“Again, there is simply no evidence that school children are put at risk by year-round DST.”

Congressional Research Service, citing multiple studies.

“Permanent DST helps in the fight against childhood obesity.”

Journal of Behavioral Nutrition and Physical Activity and Journal of Physical Activity and Health

“The clock changing costs teens sleep.”

American Academy of Sleep Medicine

“Staying in DST will improve traffic safety in the winter months, and there is NO increased risk to students waiting for school buses.”

Journal of Safety Research and Royal Automobile Club Foundation

“Permanent DST will save lives of pedestrians, drivers and vehicle occupants.”

Accident Analysis & Prevention and Sleep Medicine and Muenchen University.

“Evidence mixed, but some indication that Permanent DST saves energy.”

U.S. Department of Energy

“Permanent DST will help decrease air pollution.”

Journal of the Air & Waste Management Assn and Steve Spangler Science

“Staying in DST all year can save wildlife.”

The Royal Society Biology Letters

“Crime goes down in Daylight Saving Time.”

Review of Economics and Statistics

“Crime goes up in Standard Time, down in DST.”

Inter-American Development Bank, and the Global Labor Organization

“DST reduces homicides.”

Universities of Brazil and Italy

“Workplace injuries go up.”

Journal of Applied Psychology

“Workplace productivity goes down because of the clock changes.”

Journal of Applied Psychology, story here

“Switching out of DST hurts retail sales.”

JP Morgan Chase Institute

“Clock-changing harms relationships.”

Wall St. Journal, citing several studies, subscription required

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