



Dear Representative,

As experts in biological clocks and sleep, we have been following the initiatives of the European Commission and California Proposition 7 to abandon the annual clock-time changes in spring and autumn. Although we recognize that there are advantages/disadvantages associated with any choice, we emphasize that the scientific evidence presently available indicates that installing perennial Standard Time (ST, or 'wintertime') is the best and safest option for public health. The negative effects of maintaining Daylight Saving Time (DST) will be higher.

With ST there will be more morning light exposure in winter and less evening light exposure in summer. This will better synchronise the biological clock and people will sleep earlier relative to their work and school times. The feeling of chronic 'Social Jetlag' will be reduced compared to DST, the body will function better, psychological well-being and mental performance will improve. Throughout the year, ST will be healthier than DST in terms of sleep, cardiac function, weight, cancer risk, and alcohol- and tobacco consumption, to name a few examples.

We would gladly explain our advice in more detail as required.

Sincerely,

The Members of the Society for Research on Biological Rhythms