

Speak up

Dear Clocks Community,

If you are reading this, you survived another “Spring Forward” to Daylight Saving Time in the Northern hemisphere or a “Fall Back” below the equator (along with about 1.6 billion other people). Should we be wiping our brow with relief? Every year, members of SRBR are asked to speak to the media about their thoughts on DST. We generally give personal opinions based on the handful of retrospective studies. At times, the message becomes garbled. This year, we heard about politicians in the EU and some states in the U.S. misquoting the science which recommends staying on Standard Time year-round. As a Society of researchers, we are obligated to speak up. SRBR aims to be the resource on body clocks to all, scientists, industry, health care providers and the public. In the coming months, look for five, open access, White Papers in the Journal of Biological Rhythms written as consensus statements on DST, light at night, when to eat, school start times, and chronotherapy. With leadership from our Public Outreach Committee (Chaired by Drs. Celine Vetter and Diego Golombek) and JBR Editor-in-Chief, Dr. William Schwartz, our colleagues have served as authors and reviewers on these short pieces aimed at providing, in simple language, the current recommendations for best practices. Dr. Susan Golden’s Bioclock Studio team is generating an infographic to accompany each. Please share these with your students, patients, industry colleagues, public officials, family, and friends.

Speaking of speaking up, I am thrilled to announce that Dr. Mary Harrington is the Editor-in-Chief elect for the Journal of Biological Rhythms. When Dr. William Schwartz announced his intention to step down after 6 years as Editor-in-Chief, there were protests and pleas for him to continue. Under his leadership, the journal has seen steady increases in all metrics of a top journal. Bill served as an ex officio member to an international search committee who considered nominations from our membership, interviewed four outstanding finalists and chose Mary for her editorial skills, ideas about the future of the journal, and leadership in and commitment to SRBR. CONGRATULATIONS Mary! Mary will work with Bill until she assumes the Editor-in-Chief position in January 2020. Thank you to the outstanding chronobiologists who stood for consideration, to Bill for your amazing service and to the remarkably thoughtful and efficient, Search Committee: Drs. Paul Taghert (Chair), Elizabeth Klerman, Charo Robles, Carla Green, Roelof Hut, and Deb Bell-Pedersen.

These are a few ways in which SRBR is speaking up. I encourage you to add your voice. You can follow our activities and find outreach resources through the [SRBR website](#) (now undergoing an overhaul), newsletter (now quarterly) and Twitter (@SRBRHQ and @SRBR_Outreach).

Yours truly,

Erik

SRBR President, 2018-20