

STATE OF KANSAS
SENATE

STATE CAPITOL
TOPEKA, KANSAS 66612
(785) 296-7656
kenny.titus@senate.ks.gov



DISTRICT ADDRESS
1509 GRANDVIEW DR.
WAMEGO, KS 66547
info@titusforkansas.com

KENNY TITUS
18TH DISTRICT

Testimony in Support of SB 1
January 23, 2025

Chairman Thompson and Members of the Senate Federal and State Affairs Committee:

Thank you for the opportunity to present testimony in support of SB 1. I requested that SB 1 be drafted and introduced after hearing from constituents that they would like to end the practice of switching clocks back and forth each year. Given the amount of national attention on the topic of daylight saving time over the last couple of years, I felt it was a good time to engage in this conversation at the state level.

Under federal law, states are allowed to opt out of daylight saving time and remain in standard time throughout the year. Arizona, Hawaii, Alaska, and some parts of Indiana have chosen to opt out of daylight saving time. Federal law does not allow a state to adopt permanent daylight saving time. Therefore, if a state wishes to stop changing clocks, then permanent standard is the only choice currently available.

There are pros and cons to each option, but after further review, I felt it was best to explore permanent standard time as currently allowed under federal law. I have received communications from citizens across the state of Kansas regarding this bill. Anecdotally, I can say that the vast majority of Kansans support ending the changing of clocks but there was no clear consensus on whether standard or daylight saving time was better.

Health experts overwhelmingly recommend the adoption of standard time because it better aligns with the human circadian rhythm and leads to a healthier sleep cycle. There are also a number of mental health benefits associated with standard time. Finally, keeping the light in the morning hours helps keep children safe when they go to school and has been shown to increase children's educational performance.

The primary benefits of daylight saving time are that as light is shifted into the evening hours, it allows for more outdoor activities and leads to increased consumer spending by attending events, eating at restaurants, and shopping later in the evening. Proponents also claim that there are health benefits to allowing more evening recreation, but this claim is not supported by most of the available studies. The major downside is that children will go to school in the dark almost every day of the year. When permanent daylight saving time was adopted by Congress in the 1970s, it was abandoned after only two years, primarily because it was so unsafe for school

children. Given the previous negative experience with daylight saving time, it does not appear that any major changes have occurred that would make it more popular now.

Further, some of the benefits cited by both sides will occur simply from stopping the switching of clocks every year. While I believe permanent standard time offers more benefits for health and safety, SB 1 does allow an easy transition to permanent daylight saving time if Congress determines that is what is best for the entire country. I hope that SB 1 and this hearing will generate a productive conversation about ending the annual clock switching.

Resources for Further Study

The Daily Yonder * Keep It Rural

<https://dailyyonder.com/who-benefits-from-daylight-saving-time/2024/03/06/>

Online: March 6, 2024

Author: [Lane Wendell Fischer](#)

The Hill

https://thehill.com/homenews/nexstar_media_wire/4939267-why-experts-say-keeping-standard-time-is-undeniably-better-for-us/

In-article Links

- <https://my.clevelandclinic.org/health/articles/circadian-rhythm>
- https://www.researchgate.net/publication/241843122_Detrimental_Effects_of_Daylight-Saving_Time_on_SAT_Scores
- <https://pubmed.ncbi.nlm.nih.gov/37481129/>

Journal of Clinical Sleep Medicine

<https://jcs.m.aasm.org/doi/10.5664/jcs.m.10898>

Permanent standard time is the optimal choice for health and safety: an American Academy of Sleep Medicine position statement

Published Online: January 1, 2024

Authors: Muhammad Adeel Rishi, MD, Jocelyn Y. Cheng, MD, Abigail R. Strang, MD, Kathy Sexton-Radek, PhD, Gautam Ganguly, MD, FAASM, Amy Licis, MD, Erin E. Flynn-Evans, PhD, MPH

Saving Light, Losing Lives: How Daylight Saving Time Impacts Deaths of Despair

<https://www.gc.cuny.edu/sites/default/files/2021-07/Saving-Light%2C-Losing-Lives-How-Daylight-Saving.pdf>

Fall 2019

Author: Eric Osborne-Christenson

Current Opinion in Pulmonary Medicine

The controversy over daylight saving time: evidence for and against

https://www.researchgate.net/publication/373138434_The_controversy_over_daylight_saving_time_evidence_for_and_against

August 2023

Current Opinion in Pulmonary Medicine 29((Suppl 2))

Author: Michael C Antle, University of Calgary
Current Biology [Volume 30, Issue 4](#) p729-735.e2 February 24, 2020

A Chronobiological Evaluation of the Acute Effects of Daylight Saving Time on Traffic Accident Risk

[https://www.cell.com/current-biology/fulltext/S0960-9822\(19\)31678-1](https://www.cell.com/current-biology/fulltext/S0960-9822(19)31678-1)

John Hopkins Bloomberg School of Public Health

7 Things to Know About Daylight Saving Time

The changing of the clock means misalignment with our bodies' natural rhythms.

March 09, 2023

Author: Morgan Coulson

<https://publichealth.jhu.edu/2023/7-things-to-know-about-daylight-saving-time>