

Dear Senate Committee on Federal and State Affairs,

Please support Senate Bill 1, exempting Kansas from Daylight Saving Time and establishing permanent Standard Time.

The current practice of changing our clocks twice each year has negative effects on our health, safety, and productivity in addition to being broadly unpopular.

The evidence shows that permanent Standard Time is the best way of addressing this issue. While the negative effects of *changing* our clocks is intuitive and deeply felt, it is less obvious which time would be better to keep permanently. Here research has shown again and again a clear answer. Standard Time aligns our clock time with the natural time established by the sun and which in turn sets our circadian rhythm. Conversely, Daylight Saving Time keeps us perpetually misaligned. This is why people get less sleep and poorer quality sleep during Daylight Saving Time and why the American Academy of Sleep Medicine, the National Sleep Foundation, the Sleep Research Society, and the Society for Research on Biological Rhythms all support permanent Standard Time.

How often do you go to sleep before sunset? Almost never.

How often does your clock force you to wake up before sunrise? For most people, that's the norm.

We wake based on our clocks, yet we cannot force ourselves to go to sleep based on them. That's why we never fully adjust to Daylight Saving Time and experience chronic, low-level sleep deprivation.

The solution is clear: align our clocks with natural time all year long.

In every place that has tried permanent Daylight Saving Time, it has been reversed, either back to biannual clock change or to permanent Standard Time. Contrast that with permanent Standard Time. It has a track record of enduring. Two states, all US territories, and most of the world's countries keep permanent Standard Time. Each year more and more states are considering legislation for permanent Standard Time. This year that includes two of our neighboring states, Missouri and Nebraska.

In addition to being the best option, Standard Time is the *only* option to end clock change at a local level. Federal law prohibits states from choosing to keep permanent Daylight Saving Time, but it allows us to keep permanent Standard Time.

When I consider our custom of changing clocks back and forth, and the fact that we adhere to those clocks so strictly that we claim, and even believe, High Noon to be at 11:00 AM for half the year, I cannot help but be reminded of George Orwell's description of doublethink:

To know and not to know, to be conscious of complete truthfulness while telling carefully constructed lies, [...] to forget whatever it was necessary to forget, then to draw it back into memory again at the moment when it was needed, and then promptly to forget it again...

Please support any and all legislation that will end Daylight Saving Time and restore permanent Standard Time.

Please support Senate Bill 1.

Thank you for your consideration,

Cameron J. McMillan
of Atchison, Kansas