

Senate Federal and State Affairs Committee
Proponent Testimony on SB 282 – Exempting Kansas from daylight savings time
Senator Ty Masterson
March 10, 2016

With SB 282, Kansas joins 13 other states (CA, FL, IL, MA, MI, MS, MO, OK, SD, UT, WA, WV, WY) that are proposing legislation to either permanently end Daylight Savings Time or to leave their state on Daylight Savings Time year round.

Once again, on March 13th, most Americans will take part in the mass behavior of turning the hands of our clocks to read an hour later than the actual time (by which we “lose” an hour of sleep) referred to as “springing forward,” and the reverse process in the fall of “falling back” (by which we “gain” back that hour of sleep).

Daylight Savings Time was first proposed by Benjamin Franklin to save hours of expensive candle use and later used in the United States during World War I in an attempt to match the Germans’ fuel-saving efforts.

One of the primary reasons cited for daylight savings time is energy savings. However, one study released found Indianans actually spent \$9 million more per year on energy under daylight time. Another paper for the National Bureau of Economic Research by authors Matthew J. Kotchen and Laura E. Grant (University of California, Santa Barbara) concluded “there is surprisingly little evidence that DST actually saves energy.”

It may be true in the early 1900s before the advent of central heat/air, digitally controlled thermostats, light timers, and smart meters that energy costs may have been saved. Farmers now have headlights and climate-controlled cabs on farm equipment and electricity in outbuildings. Advances in smart technology have made the need for daylight savings time obsolete.

Given these facts, support for the time switch has plunged among Americans. A 2014 Rasmussen poll indicates that only 30% of Americans now support the continued use of Daylight Savings Time.

In fact, some studies and articles indicate that the negative effects of Daylight Savings Time due to interruption of sleep cycles, increased grogginess on the job, restlessness, and other more serious health implications produce a measurably significant decrease to productivity estimated to cost between \$434 million up to \$2 billion per year (www.businessinsider.com/economic-and-health-effects-of-daylight-saving-time-2014-3).

Several countries and Arizona have already eliminated the time switch. I think it’s time for Kansas to join other states poised to end the obsolete practice of Daylight Savings Time.

Thank you for your time and consideration of this bill.