



Resolution Supporting the Implementation of Permanent Standard Time

Illinois Sleep Society Official Statement

February 26, 2025

****WHEREAS****, the biannual changing of clocks between Standard Time and Daylight Saving Time disrupts human circadian rhythms, causing significant adverse effects on health, safety, and wellbeing; and

****WHEREAS****, human biological rhythms are primarily regulated by the timing of natural light exposure, with morning light being essential for maintaining proper circadian alignment; and

****WHEREAS****, Daylight Saving Time creates chronic misalignment between human biological clocks and the social clock by increasing exposure to evening light and morning darkness, leading to a condition known as "social jet lag"; and

****WHEREAS****, research has demonstrated multiple acute health risks associated with seasonal time changes, including:

- Increased risk of cardiovascular events, including a higher incidence of myocardial infarction, stroke, and hospital admissions for atrial fibrillation
- Elevated rates of mental health issues and suicide
- Increased medical errors and missed medical appointments
- Higher rates of motor vehicle accidents, with fatal crashes increasing up to 6% in the United States
- Compromised immune system function and altered cellular processes; and

****WHEREAS****, chronic exposure to Daylight Saving Time has been associated with:

- Increased social jet lag in adolescents
- Higher rates of season depression
- Poorer academic performance, particularly among adolescents

****WHEREAS****, chronic exposure to later 1 hour sunrise and sunsets similar to DST have also been shown to cause:

- Significant loss of sleep
- Increased risk of obesity, metabolic syndrome, and cardiovascular disease
- Higher rates of suicide
- Higher rates of cancer

- Productivity losses equivalent to 4.4 million lost workdays; and

****WHEREAS****, numerous leading medical and scientific organizations have formally endorsed maintaining year-round Standard Time, including but not limited to:

- American Academy of Sleep Medicine
- American Medical Association
- National Sleep Foundation
- Sleep Research Society
- American College of Chest Physicians
- World Sleep Society
- National Safety Council
- National PTA; and

WHEREAS, current federal law allows states to exempt themselves from observing Daylight Saving Time but requires congressional approval to implement permanent Daylight Saving Time; and

WHEREAS, Illinois House Bills 1400 and 39, House Resolution 128, and Senate Bill 1600 have been introduced to implement permanent Daylight Saving Time, which scientific evidence indicates would be detrimental to public health and safety compared to permanent Standard Time; and

WHEREAS, Hawaii, Arizona, and all five populated U.S. territories have observed year-round Standard Time for decades, while Mexico restored year-round Standard Time in 2022, and the European Parliament voted to eliminate mandatory Daylight Saving Time in 2019; and

WHEREAS, public opinion increasingly supports ending biannual time changes, with evidence suggesting that previous attempts at permanent Daylight Saving Time (such as in 1974 and 1945 in the U.S., and in other years in other countries) were overwhelmingly unpopular due to dark winter mornings;

THEREFORE, BE IT RESOLVED that the Illinois Sleep Society:

1. Formally endorses the American Academy of Sleep Medicine's position statement advocating for the elimination of seasonal time changes in favor of permanent Standard Time;
2. Recognizes that permanent Standard Time, rather than permanent Daylight Saving Time, best aligns with human circadian biology and promotes optimal health, safety, and performance;
3. Supports federal and state legislation that would implement permanent Standard Time while specifically opposing Illinois House Bills 1400 and 39, House Resolution 128, Senate Bill 1600, and other measures to implement permanent Daylight Saving Time;
4. Commits to educating healthcare professionals and the public about the scientific evidence supporting permanent Standard Time and the health risks associated with Daylight Saving Time;

5. Calls upon other medical and public health organizations to join in advocating for this evidence-based policy change to protect public health and safety.

****References:****

1. Rishi MA, et al. Permanent standard time is the optimal choice for health and safety: an American Academy of Sleep Medicine position statement. *J Clin Sleep Med.* 2024;20(1):121-125.
2. Roenneberg T, et al. Why should we abolish daylight saving time? *J Biol Rhythms.* 2019;34(3):227-230.
3. Giuntella O, Mazzonna F. Sunset time and the economic effects of social jetlag: evidence from US time zone borders. *J Health Econ.* 2019;65:210-226.
4. Fritz J, et al. A chronobiological evaluation of the acute effects of daylight saving time on traffic accident risk. *Curr Biol.* 2020;30(4):729-735.
5. Coalition for Permanent Standard Time. <https://ditchdst.com/>
6. Save Standard Time. <https://savestandardtime.com/>
7. US House of Representatives. Office of the Law Revision Counsel. United States Code. Advancement of time or changeover dates Act of 1973, 15 U.S. Code § 60a.