



It is Time to Eliminate Daylight Saving Time: *Establish Permanent Standard Time Nationwide*

The AASM supports a switch to permanent standard time, explaining in [our position statement](#) that standard time more closely aligns with the daily rhythms of the body's internal clock. Our statement also cites evidence of increased risks of motor vehicle accidents, cardiovascular events, and mood disturbances following the annual "spring forward" to daylight saving time. View our [Daylight Saving Time Policy Webinar](#) to learn more.

"Permanent, year-round standard time is the best choice to most closely match our circadian sleep-wake cycle," says lead author of the position statement Dr. M. Adeel Rishi, a pulmonology, sleep medicine and critical care specialist at the Mayo Clinic in Eau Claire, Wisconsin, and vice chair of the AASM Public Safety Committee. "Daylight saving time results in more darkness in the morning and more light in the evening, disrupting the body's natural rhythm."

Our [position statement](#) outlines the acute effects of DST, which range from increased risk of stroke and hospital admissions to sleep loss and increased production of inflammatory markers, one of the body's responses to stress. In addition, studies show that traffic fatalities have increased as much as six percent in the first few days following the change to DST, and a recently published research abstract found an 18 percent increase in adverse medical events related to human error in the week after switching to DST.

In July 2020, an AASM survey of more than 2,000 U.S. adults found that 63 percent support the elimination of seasonal time changes in favor of a national, fixed, year-round time, and only 11 percent oppose it. Additionally, a 2019 survey by the AASM found that 55 percent of adults feel extremely or somewhat tired after the spring change to daylight saving time.

We encourage Congress to end this archaic practice for the health and safety of all Americans and adopt permanent standard time. Contact AASM Advocacy Program Manager Eric Albrecht at ealbrecht@aasm.org or 630-737-9700 if you have additional questions.