

A RESOLUTION OF THE JACKSON COUNTY DEMOCRATIC PARTY

Resolution No. 2023-1

Daylight Savings No More

Whereas, changing our clocks back and forth is more than just an annual annoyance, the annual changeover to Daylight Savings Time (DST) has been linked to digestive & immune related diseases, cancer, sleepy drivers, depression (+ 11%), car accidents (+ 6%), stroke (+ 8%), and heart attacks (+ 24%) (1-2); and

Whereas, DST itself, not just the changeover, has been linked to long-term health effects, such as depression, slowed metabolism & weight gain, as well as cluster headaches (1-5); and

Whereas, the changeover can result in an hour or so of sleep loss for roughly two weeks, resulting in “cognitive performance deficits equivalent to up to 2 nights of total sleep deprivation”. As such, “it appears that even relatively moderate sleep restriction can seriously impair waking neurobehavioral functions in healthy adults.” (6-7); and

Whereas, “a growing number of sleep experts say the act of moving our clocks forward in the spring is ruining our health.” (7-8) and standard time more closely matches the sun’s day/night cycle with our circadian rhythms (8-9); and

Whereas, states and non-profit organizations believe that school needs to start later, around 8:30am local standard time, which is contraindicated by DST, which results in children staying up later and thereby sleepier in the morning (10-12); and

Whereas, DST was first enacted in 1918 to save electricity during WWI. It was so unpopular that it was repealed the following year (13). In January 1974, permanent DST was enacted, but was so unpopular that it was repealed in less than a year, in October 1974 (14); and

Whereas, DST is traditionally justified with claims of reductions in energy use & crime, farmers want more time, and more money spent at businesses while enjoying the “longer evenings”. Unfortunately, most of these claims are not based in science. Extra light at night and all the rest sounded plausible, but the only positive effect of DST is a slight decrease in crime, which is offset by the overwhelming medical evidence and a lack of significant revenue increase (15-17); and

Whereas, “Current evidence best supports the adoption of year-round standard time” say professors at Harvard & Northwestern schools of medicine and more than 20 medical & scientific societies, including the National Safety Council, National Parent Teacher Assoc., American Acad. of Sleep Medicine in a call to ban DST (6,17-19); and

Whereas, the Uniform Time Act of 1966 allows states to opt-out of daylight savings at any time and effective dates can be contingent upon neighboring states passing an equivalent law (20).

NOW, THEREFORE, THE JACKSON COUNTY DEMOCRATIC PARTY RESOLVES AS FOLLOWS:

a) The state of Oregon opts out of the Uniform Time Act of 1966, thereby establishing standard time for the entire year. (See below for a first draft of a potential bill for the State of Oregon)

b) Urge our United States senators and representatives to adopt a similar act that establishes standard time year-round.

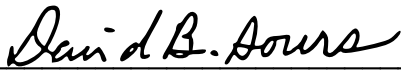
REFERENCES:

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- (2) NPR (March 2022): www.npr.org/permanent-daylight-saving-time-could-have-health-downsides
- (3) TimeandDate.com (Updated 2023): www.timeanddate.com/time/dst/daylight-saving-health.html
- (4) National Institute of Health (July 2018): www.ncbi.nlm.nih.gov/pmc/articles/PMC6469828/
- (5) Assoc. of Migraine Disorders (March 2020): www.migrainedisorders.org/cluster-headaches-seasonal-impact/
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- (8) J. of Clinical Sleep Medicine (October 2020): jcsm.aasm.org/doi/10.5664/jcsm.8780
- (9) J. of Biological Rhythms (June 2019): journals.sagepub.com/doi/full
- (10) CNN (April 2019): www.cnn.com/2019/04/22/health/

- (11) Ctr for Disease Control (October 2022): www.cdc.gov/sleep/features/schools-start-too-early
- (12) Website of start school later: www.startschoolater.net/legislation
- (13) Statues of the United States (March 1918): www.webexhibits.org/daylightsaving
- (14) Congress.gov (January 1974): www.congress.gov/bill/93rd-congress/senate-bill/2702
- (15) Science Direct (June 2008): www.sciencedirect.com/science/article
- (16) Washington Post (March 2015): [5 Myths about Daylight Savings Time](#)
- (17) Colorado Public Radio: [Medico Interview](#)
- (18) Dr Elizabeth Klerman: Harvard Medical School
- (19) Dr Phyllis Zee: Northwestern School of Medicine
- (20) Wikipedia: [Uniform Time Act of 1966](#)
- (21) Website for saving std time: <https://savestandardtime.com/>

Resolution submitted by the Platform and Resolutions Committee.

ADOPTED by the Jackson County Democratic Party Central Committee on the 25th day of September, 2023.



David Sours,
Chair, Jackson County Democratic Party

Potential Bills for Legislators (21)

(See next page)

OREGON LEGISLATIVE ASSEMBLY

A BILL FOR AN ACT

Relating to standards of time; creating new provisions; amending ORS 187.110; and repealing sections 1, 2, 3, and 4, chapter 421, Oregon Laws 2019.

Be It Enacted by the People of the State of Oregon: SECTION 1. Sections 1, 2, 3, and 4, chapter 421, Oregon Laws 2019, are repealed. SECTION 2. ORS 187.110 is amended to read:

187.110. (1) The standard of time for the State of Oregon shall be the United States standard of time as established by the Congress of the United States for any particular area of the state under 15 U.S.C. 261, except that from 2 a.m. on the second Sunday in March until 2 a.m. on the first Sunday in November the standard of time for [*any area*] **that portion** of this state **that is in the Mountain Time Zone** shall be one hour in advance of the standard established for that particular area by the Congress of the United States under 15 U.S.C. 261.

(2) That portion of this state that is in the Pacific Time Zone shall be exempt from the provisions of 15 U.S.C. 260a that establish the advancement of time, known as daylight saving time.

(3) No department of the state government and no county, city or other political subdivision shall employ any other time or adopt any statute, ordinance or order providing for the use of any other standard of time.

SECTION 3. ORS 187.110 is amended to read:

187.110. (1) The standard of time for the State of Oregon shall be the United States standard of time as established by the Congress of the United States for any particular area of the state under 15 U.S.C. 261, except that from 2 a.m. on the second Sunday in March until 2 a.m. on the first Sunday in November the standard of time for [*any area*] **that portion** of this state **that is in the Pacific Time Zone** shall be one hour

in advance of the standard established for that particular area by the Congress of the United States under 15 U.S.C. 261.

(2) That portion of this state that is in the Mountain Time Zone shall be exempt from the provisions of 15 U.S.C. 260a that establish the advancement of time, known as daylight saving time.

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(3) No department of the state government and no county, city or other political subdivision shall employ any other time or adopt any statute, ordinance or order providing for the use of any other standard of time.

SECTION 4. ORS 187.110 is amended to read:

187.110. (1) The standard of time for the State of Oregon shall be the United States standard of time as established by the Congress of the United States for any particular area of the state under 15 U.S.C. 261[, *except that from 2 a.m. on the second Sunday in March until 2 a.m. on the first Sunday in November the standard of time for any area of this state shall be one hour in advance of the standard established for that particular area by the Congress of the United States under 15 U.S.C. 261*].

(2) This state, and all political subdivisions of this state, shall be exempt from the provisions of 15 U.S.C. 260a that establish the advancement of time, known as daylight saving time.

(3) No department of the state government and no county, city or other political subdivision shall employ any other time or adopt any statute, ordinance or order providing for the use of any other standard of time.

SECTION 5. The amendments to ORS 187.110 by section 2 of this Act become operative on the first day of the first year following or coinciding with exemption from daylight saving time in the State of Washington, unless or until the conditions of section 7 of this act are fulfilled.

SECTION 6. The amendments to ORS 187.110 by section 3 of this Act become operative on the first day of the first year following or coinciding with exemption from daylight saving time in that portion of the State of Idaho that is in the Mountain Time Zone, unless or until the conditions of section 7 of this act are fulfilled.

SECTION 7. The amendments to ORS 187.110 by section 4 of this Act become operative on the first day of the first year following or coinciding with both exemption from daylight saving time in the State of Washington and exemption from daylight saving time in that portion of the State of Idaho that is in the Mountain Time Zone.

NOTE: Matter in **boldfaced** type in an amended section is new; matter [*italic and bracketed*] is existing law to be omitted. New sections are in **boldfaced** type.

Sleep Protection Act

A BILL

To abolish daylight saving time, and to provide an effective date.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,

SECTION 1. SHORT TITLE.

This Act may be cited as the “Sleep Protection Act”.

SECTION 2. ABOLISHING DAYLIGHT SAVING TIME.

Section 3(a) of the Uniform Time Act of 1966 (15 U.S.C. 260a) is amended by—

(1) striking subsection (a); and (2) inserting before subsection (b) the following:

(a) DURATION OF PERIOD

During no period shall the standard time of each zone established by sections 261 to 264 of this title, as modified by section 265 of this title, be advanced by any number of hours or minutes.

SECTION 3. EFFECTIVE DATE.

This Act shall take effect on January 1 of the year following its enactment.