



**THE MARYLAND HOUSE OF DELEGATES**  
ANNAPOLIS, MARYLAND 21401

**Testimony for HB126: General Provisions – Standard Time – Year–Round Daylight Saving Time**

Good afternoon Chair, Vice Chair, and distinguished members of the committee. I am Del. Brian Crosby and it's an honor to present House Bill 126 entitled General Provisions – Standard Time – Year–Round Daylight Saving Time.

This bill would formalize Maryland's intent to remain on Daylight Saving Time, or "spring forward time," year-round, and is contingent upon similar legislation passing in each state that is entirely located within the Eastern Time Zone, plus the District of Columbia. The federal government would also have to amend the uniform time code, which only permits states to remain in their respective time zone's Standard Time.

This is more than an annoyance-- there are significant health risks to messing with our circadian rhythm. The week after we adjust our clocks either way there is an increase in heart attacks, strokes, workplace injuries, lower work output, and first-responders saw a spike in suicides and fatal car accidents. These are well-documented consequences of shifting our clocks, and they are entirely avoidable.

Opponents argue that school start times would be adversely affected by permanent DST, and students would be traveling to school in the dark. I am in agreement that, currently, schools start too early and I applaud the efforts by local school boards, such as Anne Arundel County Public Schools, to move school start times back. But school start times are only part of the issue.

On Sunday, March 13th, our clocks moved forward an hour until November 6th. During the week after this change, emergency rooms across the country have seen an increase in heart attack and stroke patients, workplaces saw lowered productivity and increased injuries, and first-responders saw a spike in suicides and fatal car accidents. These are all well-documented consequences of shifting our clocks forward, and they are entirely avoidable. The practice of shifting our clocks backwards during the winter was originally adopted during World War I to conserve energy, but recent research suggests that the conservation levels are negligible at best. An additional daylight hour in the evening, however, is correlated with lower crime rates and increased levels of exercise.

Time changes are not universal. Most countries do not observe clock changes, and the EU voted in 2019 to abolish the practice by 2021. Domestically, Arizona and Hawai'i do not observe clock

changes, and California and Florida recently approved language to follow Daylight Saving Time year-round. In total, 42 states have considered, or are considering this change.

For these reasons, I urge the committee to offer a favorable report on HB126, and I'm happy to take questions at this time.