

I testify in favor of SB0534 to stop the time change and keep MD on DST year round.

First, the spring forward time change causes heart attacks every year. There is a 25% increase in heart attacks on the Monday following the onset of DST in March, according to a 2015 University of Michigan study.

<https://patch.com/michigan/royaloak/study-check-pulse-spring-forward-daylight-saving-time>

According to a 2016 study from Austin Smith, a 5.6% rise in traffic accidents in the week following the spring forward results in 30 deaths and \$275M in social costs per year. Americans sleep, on average, 40 minutes less on the Sunday of the DST change than on other Sundays. No sizable effects during the fall change have been detected.

<https://pubs.aeaweb.org/doi/pdfplus/10.1257/app.20140100>

In addition, a 2018 study from the Royal Society for the Prevention of Accidents shows that evening light in the winter can reduce accidents more than morning light, because more pedestrians are out and about during the evening rush hour as opposed to the morning rush hour.

<https://www.rospa.com/media/documents/road-safety/consultation-responses/discontinuing-seasonal-changes-of-time.pdf>