

Argument Against Bill 214:
Time Amendment Act, 2020

Jennifer Hudd

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Over the past few weeks, I have learned of a proposal brought forward by Mr. Jeremy Roberts (MPP, Ottawa West-Nepean) for Ontario to remain on Daylight Savings Time (DST) permanently.

Please accept this submission as an argument against such a proposal.

Like a lot of individuals, I do not look forward to the bi-annual time changes. I am not against a permanent time for Ontario; however, I am against the choice of DST as the year-round time. Instead, I would be a supporter of Standard Time as our permanent option.

I am not an expert in the matter, so I can only speak to how I am personally affected by the time change every Spring to DST. I have a very difficult time for about a week immediately after the switch, in adjusting to the new clock times. Then throughout the remaining DST period, I have a rough time with my sleep patterns. Once we revert to Standard Time, I take about three days to adjust, and then I am settled for the duration...until Spring comes around and the cycle begins all over again.

As I am not an expert, I have sourced a few articles (though there are many more) that support permanent Standard Time versus DST, and I've included some citations below for your reference.

From Smithsonian.com:

"Permanent, year-round standard time is the best choice to most closely match our circadian sleep-wake cycle," M. Adeel Rishi, lead author on the AASM report and a Mayo Clinic sleep specialist, says in an accompanying statement. "Daylight saving time results in more darkness in the morning and more light in the evening, disrupting the body's natural rhythm" (McGreevy, 2020).

From The Globe and Mail. An Opinion piece written by three Canadian university professors on behalf of the Canadian Society for Chronobiology:

"The argument in favour of permanent DST is that there would be more light in the evening...More evening light means less morning light. But importantly, it's the light in the morning that is most important in resetting our biological clocks. Consider this: If we all spent

our time outdoors getting plenty of natural light, and could choose when to get up and go to sleep as our ancestors did, our internal clocks would be set by the sun so that we would tend to wake up at dawn, and then, depending on the time of year, stay awake for a while in the evening after dark. Our body clocks would be in sync with the sun clock. The problem is that we live in societies that force us to get up and go to work or school at times that we don't get to choose. Chronobiologists, the name given to scientists who study biological timing, call this situation "social jet lag," when the body clock doesn't match the social clock. Just like the jet lag you get when you fly across time zones and find yourself out of sync with the new local time, social jet lag can cause many problems including disrupted sleep, increased risk of accidents, lower productivity at work and in school, and increased risk of negative health impacts. Permanent ST would move "social time" closer to our natural "body time," while permanent DST would move social time further away" (Cermakian et al., 2019).

CBC also cites Cermakian, et al. in their support for permanent Standard Time:

<https://www.cbc.ca/news/canada/thunder-bay/ontario-daylight-saving-time-mistake-experts-1.5762772>

On his website, Mr. Roberts makes several references to the economic implications of a move to permanent DST:

- *"More daylight in the evening will likely generate more economic activity, as individuals are more likely to go out shopping after work if it is still light out" (Roberts, 2020).*
- *"...ending the biannual time change and shifting to permanent daylight saving [sic] time is a credible part of a stimulus plan" (Roberts, 2020).*
- *"...the fall back [to Standard Time] could hurt our retail activity..." (Roberts, 2020).*

I would like to think that the human factors, such as mental health, physical well-being, etc., would also be considered as equally important, if not more so, as the economic factors in the decision-making process regarding this particular Bill.

I hope that this submission helps in making the case against Bill 214. I have spoken to friends and family regarding this Bill, and all (without exception) were unaware that this Bill had even been introduced, let alone had made it to a Second Reading.

I thank you in advance for your time and consideration in this matter. Please feel free to contact me directly should you have any questions or would like to discuss my position further.

Sincerely,

J. Hudd

References:

Cermakian, N., Lakin-Thomas, P., & Martino, T. (2019, November 2). *Turn back the clock on Daylight Savings: Why Standard Time all year round is the healthy choice*. The Globe and Mail.

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