

**Argument Against Bill 214:
Time Amendment Act, 2020**

Carol Hudd

October 30th, 2020

I have recently 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.

I am not against a permanent time for Ontario; but rather against DST. I would be a strong supporter of Standard Time rather than DST. Like many individuals, I do not look forward to the bi-annual time changes.

Personally, I have difficulty adjusting when the switch to DST occurs every spring. This isn't just feeling tired/sluggish during the first couple of days but for many. I find being on Standard Time better for my overall mental health and well-being. ST has always had less of an affect on my body, and therefore the time adjustment was/is easier.

Not being an expert, I have sourced a few articles that support permanent Standard Time versus DST, and I've included one 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).

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.

Sincerely,

C. Hudd

References:

McGreevy, S. (2020, September 2). *Sleep Experts Make the Case Against Daylight Savings Time*. smithsonianmag.com. <https://www.smithsonianmag.com/smart-news/experts-make-case-against-daylight-saving-time-180975706/>