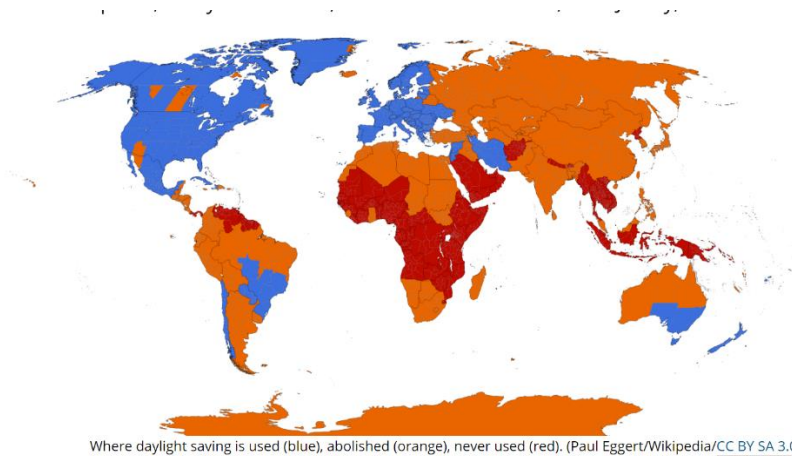


Elimination of Daylight-Saving Time

November 16, 2020

Dear Bill 214 Committee Members

I received an email from MPP Jeremy Roberts to provide some information regarding Daylight Saving Time.



The map indicates a breakdown of which parts of the world have eliminated daylight-saving time or never had it to begin with. Blue areas observe DST, red areas never have, and orange areas once did but have since abolished it. The European Union has voted to get rid of DST starting in 2021.

As the map also shows, some parts of the US have chosen not to observe daylight-saving time, including most of Arizona ([excluding the Navajo and Hopi nations](#)), Hawaii and Saskatchewan. Consequently, I do think there is merit in the elimination of DST.

"The American Academy of Sleep Medicine, a U.S. organization representing sleep scientists and clinicians, has called for the eradication of the century-long practice of daylight saving time, in which clocks are moved an hour forward in the spring and returned back an hour in the winter. The twice-a-year transition, they argue, not only inconveniences everyone but also increases the risk of various health problems and motor vehicle accidents." (Gizmodo)

Moreover, "an abundance of accumulated evidence indicates that the acute transition from standard time to daylight saving time incurs significant public health and safety risks, including increased risk of adverse cardiovascular events, mood disorders, and motor vehicle crashes," the AASM notes in its statement, published Wednesday in the Journal of Clinical Sleep Medicine, which is run by the AASM."

More information from the American Academy of Sleep can be found here:

<https://www.sciencedaily.com/releases/2020/08/200827150951.htm>

Also, the website, The Conversation asserts that “a better way to align with our natural circadian clock and minimize health and safety risks is to ditch daylight saving time.”

<https://theconversation.com/why-sleep-experts-say-its-time-to-ditch-daylight-saving-time-146956>

Finally, legislation was enacted in the United States in 2007 which moved the start of daylight time three weeks earlier in the spring and the return to standard time six months later in the fall. The change was aimed at trying to help save energy since people were not expected to need their lights on as early in the evening. We followed their lead like a little brother. However, energy efficiency has soared in North America over the last 13 years, so this US legislation is now extraneously insignificant.

Good luck with your deliberations - many Ontarians are behind you - stay well!

Kind Regards,

Dave Suchanek (Oakville, Ontario)