

Submitted on Mon, 11/16/2020 - 12:17

Application ID: 26186

Submitted values are:

Bill or item of business: **Bill 214, Time Amendment Act, 2020**

Choose a topic

Do you know the bill title or business (e.g., pre-budget consultations) you'd like to speak or submit material about?

Yes

Choose an application

Which application would you like to submit?

Submit material only

Which deadline would you like to submit your written material for?

[Written Submission Deadline: 7:00 p.m. \(EST\) on Thursday, November 19, 2020](#)

Add your information

Are you submitting material as an individual or on behalf of an organization?

I am submitting material as an individual

Full name

Ms Alison Usher-Jones

Contact phone number

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Paste submission

My name is Alison Usher-Jones. I am 31 years old and live in Montreal.

It is rare that one single issue can unite so many people behind it. We're in a time right now of crisis, which offers us an opportunity to rethink things we have always taken for granted. I writing to express the urgency I feel to keep Daylight Saving time permanent. In a time that is so divisive, I truly believe this is a change that would unite Quebecers. I have listed below some of the key arguments to make Daylight Saving Time (DST) permanent.

Mental Health

Rates of depression and anxiety increase by 11% during the 10 weeks following the return to Standard Time in November according to a 2017 study conducted by the Journal of Epidemiology

During the weeks that follow the time change in November, higher rates of Seasonal Affective Disorder are recorded.

There are reports of decreased productivity in the weeks that follow both time changes according to the sleep lab at UC Berkeley.

Traffic Accidents

When people commute home during daylight hours, it decreases the risk of car accidents, saving more than 360 lives each year according to a meta-study by Rutgers researchers.

One study published in the Journal of Sleep Medicine found a 10% increase in fatal collisions as a result of the time change

Physical Health

Various studies conducted in the USA found both a 24% increase in heart attacks, and an 8% increase in strokes following the November time change.

A study published in the Journal of the American Psychological Association found a sizeable amount of workplace injuries associated with the time change.

Steep Decline in Retail Sales

A study conducted by JPMorgan Chase revealed that consumer spending drops by about 3.5% when the nation makes the switch back to standard time in November- a result to fewer daylight hours in the evening.

Individuals would likely go out shopping at brick and mortar stores after work, if it was still light out.

Neurodiverse people

For people who are neurodiverse, each time change is generally followed by a two-three week adjustment period, which usually includes increased behaviours, tantrums, aggression, and sleep problem. This also effects their caregivers, teachers, family and community at large.

Following the rest of the world

In 2020 alone, 32 states in the USA have introduced bills to abolished the time change in November including Massachusetts, New York, Texas, Florida and more.

In Canada, Saskatchewan and The Yukon, have abandoned the practice, and British Columbia, Alberta and Ontario are putting forth bills to abolish it.

The executive branch of the US government has endorsed passing the “Sunshine Protection Act” which would allow all states who have introduced bills to abolished the time change.

This year, due to the pandemic, the time change presents an added challenge for people who are already experiencing increased depression and anxiety. It also presents an opportunity for you, as our premier, to make this change and help the citizens of Ontario and Quebec during a time where we all need support from our leaders.

Thank you for your consideration, Alison Usher-Jones

Would you like to add any other information?

Did you know? When we change the clocks, we spend 90 days with the sunset happening before 5pm. If we did not change the clocks, we would spend ZERO days with the sun setting before 5pm. The latest it would set would be December 6th for a week at 5:10pm.

We have a petition going in Quebec with the Quebec National Assembly to maintain Daylight Saving Time. We expect thousands of people to sign, as any Canadian can sign it. I am certain that Quebec WILL BE ON THE RIGHT SIDE OF HISTORY and stand in solidarity with you. New York will also hop on ASAP.