



It is the position of the Virginia Academy of Sleep Medicine (VASM) that the United States should adopt a permanent, fixed standard time in lieu of daylight savings time (DST). As an organization, the VASM seeks to improve the health of Virginians by providing sleep-related education to clinicians and the public. It also advocates for the people of Virginia on political issues that pertain to public health and safety.

The VASM has reviewed the recent statement by the American Academy of Sleep Medicine (AASM) regarding DST, as well as the scientific literature on the subject. The VASM fully endorses the recommendations of the AASM and supports the organization's efforts to establish a fixed, national, year-round, standard time.

In most parts of the United States, clocks are advanced by 1 hour between spring and fall, referred to as DST. The remainder of the year is referred to as standard time. This abrupt change in schedules, as the population adapts to and from DST, gives rise to misalignment between the biological clock and the environmental clock. Literature has documented both the acute and chronic effects of switching to and from DST. These include sleep loss with resulting increased sleep debt, increased mood disturbances, and increased cardiovascular and cerebrovascular morbidity. Also documented are increased traffic accidents during the initial days following the transition to DST, missed medical appointments and increased emergency room visits. Numerous studies suggest that circadian misalignment can contribute to cellular derangements, including increased production of inflammatory markers. Therefore, the VASM recommends adopting a permanent standard time across the United States. Doing so will help to optimize individual health, as well as improve public health and safety.

Source: Rishi MA, Ahmed O, Barrantes Perez JH, et al. Daylight saving time: an American Academy of Sleep Medicine position statement. *J Clin Sleep Med.* 2020;16(10):1781–1784.