

To Whom it May Concern:

Please accept this as a formal submission in the current BC Government survey.

We are the Co-Founders of the Stop the Time Change Movement here in BC. We are from Kamloops and in 2015 our goal was to take 5 yrs and work on this in an appropriate manner with a timeline of 5 yrs. In the very first few months of commencement we received almost 30 000 signatures in the Change.org petition which received Regional, Provincial, and National news. Since then we have gained momentum, and support through our busy Facebook page, and 4 yrs ago we met with Terry Lake and Todd Stone who at the time were Ministers of Health and Transportation respectively. WE have met with MLA Linda Larsen in Boundary Similkameen, and we met with Minister Farnworth in Coquitlam 2 yrs. ago.

The local Chamber of Commerce here in Kamloops approved the policy and then the Provincial Chamber of Commerce also got on board. Through research and consultation with cities and Provinces who do not observe the time change it was evident they had economic benefits and overall a happier healthier community when they stopped the Time Change.

The UBCM passed this policy last year so it is now becoming clear that the Time Change is an outdated, archaic tradition that is costing health care, and ICBC claims and Mental Health issues, sleep disorders, unruly students, confused seniors, tired parents of babies, and even pets become absolutely annoying to their owners when the time changes. Saskatchewan does not touch their clocks, and there are many cities in BC that don't Change their time.. Turkey abolished their Time Change 4 yrs ago, and the European Union has just announced they will be scrapping it as well. The Time Change is like Smoking in Bars.. It used to be acceptable.. It is not anymore.. Here are some more findings in our studies and it is also important to note that BC should move on this independently as soon as possible and show leadership.. We already know that Oregon, California, and Washington STate will follow as their numbers in their votes have been substantial in showing they want to stay on DST permanently.. Let's make History and Stop the Time Change..

Twice a year, in B.C. and in most parts of Canada, Canadians join with approximately 76 other countries around the world and practice Daylight Saving

Time (DST). In 2007, the B.C. government received 4300 submissions from businesses, individuals and organizations and conducted a 4 week public consultation on expanding DST by an extra 3 weeks every year in order to align with the U.S. and other jurisdictions. The final tally showed that 92 percent of respondents favoured DST and the extra hour of daylight during the evening hours. Since 2007, the clocks have moved forward on the second Sunday in March, and then moved back on first Sunday of November. The primary goal of Daylight Saving Time is to conserve energy but whether DST actually saves energy is unclear and there are many contradictory studies. There are, however, even more studies that tell us that the change itself can cause accidents, injuries and even deaths. Many of these issues are related to sleep pattern change that the biannual shift mandates. It is for that reason we need to advocate for a no-time-shift policy. In discussion with many people it is clear that people would prefer to stay on Daylight Savings Time (more daylight in the evenings) as constant.

Background There is a growing collection of evidence to show that the biennial time change has plenty of unintended consequences. In his 1996 book, *Sleep Thieves*, Dr. Stanley Coren, from the University of British Columbia wrote "that as a society we are increasingly sleep-deprived". In a letter to the editor in the *New England Journal of Medicine*, in the same year, Coren wrote, "it is becoming clear that insufficient sleep and disrupted circadian rhythms are a major health problem". Using data from the Canadian Ministry of Transport from 1991 and 1992, Coren coded all the data and found the loss of just one hour's sleep during the shift to DST in the spring increased the number of traffic accidents by 8 percent. In the fall, when Canadians get an hour more of sleep, the number of traffic accidents decreased by a similar amount. Major disasters such as the Exxon Valdez, the Challenger Explosion and the nuclear accident at Chernobyl are all linked to sleep deprivation. The costs of sleep-related accidents, as reported for the year 1988, to the National Commission on Sleep Disorders Research in the U.S. was in excess of \$56 billion and included almost 25,000 deaths and 2.5 million serious injuries. A 2009 study reported in the *Journal of Applied Psychology* also found that that the lost hour led to more frequent and more severe injuries among minors. Researchers looked at the Mondays following the time shift over a 23 year period between 1983 and 2006 and found 3.6 more injuries on time shift days and a 68 percent increase in lost work days. The link between heart attacks and the spring time shift to DST has been well documented and the evidence is convincing. The best known study comes from Sweden where researchers found a 5 percent increase in heart attacks in the three days following the spring time shift. A lower percentage increase was found during the fall back shift. The suspected cause of the increases is the disruption of sleep patterns and biological rhythms. Moving clocks forward and backward every year in an ever increasing complex digital world is not without consequences either. Air traffic schedules, train schedules, public transport schedules all must be changed biennially. It complicates timekeeping, disrupts

meetings and even livestock have been shown to have trouble adjusting to new routines. Moving the hours around twice a year is a complex matter. Although it was originally brought forward by Benjamin Franklin as a way to conserve energy and that remains its primary purpose to this day, there is in fact no consistent evidence to show it is helping us. There is on the other hand, plenty of evidence to show that constantly shifting back and forth does harm.

Thank you for considering and we hope to hear soon that one year from now we won't be falling back in November 2020.

Regards

Tara Holmes and Bob Dieno. Co Founders of Stop the Time Change in BC

