

Killing Time (Changes): Better to permanently keep Daylight Saving Time? Or Standard Time?

by Scott Sistik | KOMONews.com Meteorologist
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AA



FILE - This Tuesday, June 30, 2015 file photo shows a wall clock in New York. (AP Photo/Patrick Sison)

OLYMPIA, Wash. -- As has been the case for years, state politicians are once again taking another stab at trying to end the twice-yearly practice of changing our clocks ahead/back an

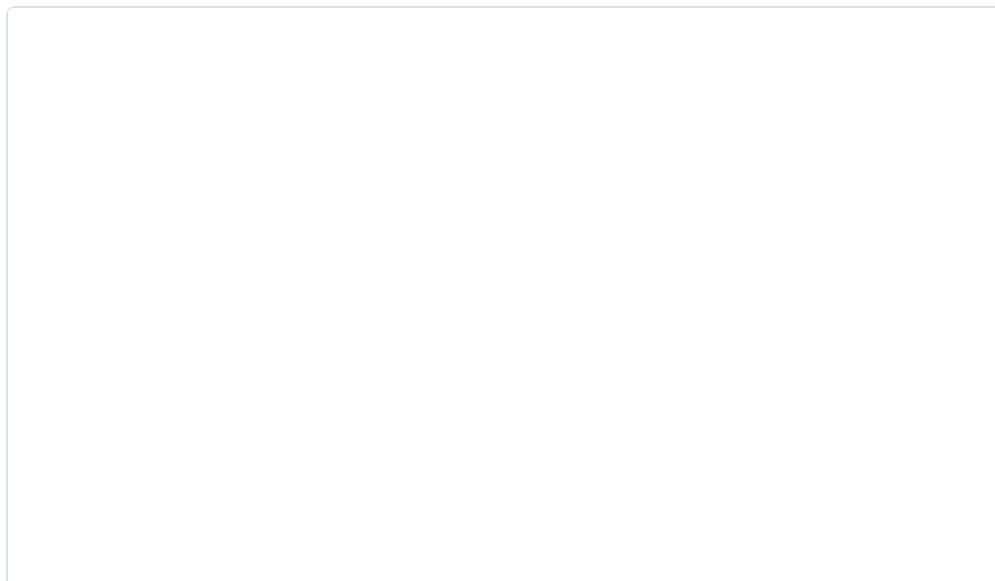
hour for Daylight Savings Time. The evidence has been becoming increasingly clear that any benefits from adding an hour in the summer is outweighed by the costs, both financial and healthwise, of having several days each year where everyone gets an instant case of jet lag.

Seattle-based insurance company PEMCO, in a poll attempting to gauge Northwest residents' interest in abolishing DST, cited a 2016 study in the American Economic Journal of Applied Economics that found "the transition to daylight saving time may cause an increase in traffic accidents and road deaths. Other studies also point to an increase in heart attacks believed to be brought on by the added stress of losing sleep during the shift."

Their poll also found that only 24 percent said they adjust to the time change immediately, and 58 percent said it took at least two days to adjust. And perhaps not surprisingly, the poll showed that showed 67 percent would favor keeping their clocks on the same time year 'round and would vote in favor of legislation requiring it.

Cue the State Legislature, where legislators will again have the options of weighing similar but opposite proposals to ditch the time change: Move Washington ahead to Daylight Savings Time all year (or, alternatively for semantics, Mountain Standard Time all year), or keep us on Pacific Standard Time all year. Or maybe even put it to a vote and let us decide which way to go, if at all.

Both have their pros and cons, especially around Seattle and Western Washington which as being among the most northerly spots in the nation not counting Alaska, have among the more extreme daylight shifts between summer and winter.



Seattle	Standard Time Year Round	DST Year Round

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With talk gaining steam again about ditching the DST clock change, here is what Seattle's sunrise/sunsets would look like on Year round PST/PDT. Gray boxes are what we have now:

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The extra hour is nice in the summer, when PDT sunsets are around 9:15 p.m. and twilight on the sunny days can last until 10 p.m. or so. The sun rises around 5:11 a.m.

Staying on PST would bring sunrise forward to 4:11 a.m. around the summer solstice with sunrises before 4:30 a.m. through mid-late July -- an awfully early wake up call from any rooster alarm clocks or people whose bedroom windows aren't the best in blocking out sunlight. On the other hand, summertime fireworks shows could be at a better earlier hour.

On the flip side, winter sunsets would get postponed until 5:20 p.m. instead of the 4:20 p.m. time frame now. Sounds...somewhat better for the typically gloomy days.

But what gets left out in most of the discussions around Daylight Savings is the effect on the sunrises as well. Perhaps more critically, the sun wouldn't rise until past 8 a.m. in the late fall and would be as late as nearly 9 a.m. for much of December and January. The sunrise wouldn't pull back earlier than 8:30 a.m. until Feb. 6, and not before 8 a.m. until Feb. 24.

That's sending a lot of elementary and middle school kids to school in the dark -- and usually the gloomiest and rainiest months too. And probably the overriding factor of why I think we should stay on standard time than daylight time. 8:15 p.m. sunsets in summer are still plenty late and since it's usually the sunny and dry season, we get extended twilight hours with usually clear skies.

Or, maybe we solve the problem by [stealing an idea from Newfoundland](#): Push our clocks ahead 30 minutes and call it good. P0.5DT. Best of both worlds. Problem solved! Newfoundland is 4 1/2 hours ahead of Pacific Time, and they survive just fine.



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Getting rid of Daylight Savings (or keeping it year round) is in the news again. If we were to get rid of the time change, what would you prefer? (More>> komonews.com/weather/scotts...)

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- 47% Stay on PST
- 41% Stay on PDT
- 12% Move up 30 mins instead

[Vote](#)

1,030 votes

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[Final results](#)

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Maybe all of North America can follow suit and then that 30 minutes change doesn't seem so out of place?

Gloomy June days still 10 times brighter than December's gray

by Scott Sitek | KOMONews.com Meteorologist
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