

**HOUSE OF REPRESENTATIVES  
COMPILATION OF PUBLIC COMMENTS**

Submitted to the Committee on State Affairs  
For HB 1393

Compiled on: Wednesday, March 19, 2025 4:00 PM

Note: Comments received by the committee reflect only the view of the individual(s) submitting the comment, who retain sole responsibility for the content of the comment. Neither the committee nor the Texas House of Representatives takes a position on the views expressed in any comment. The committee compiles the comments received for informational purposes only and does not exercise any editorial control over comments.

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Hearing Date: March 19, 2025 8:00 AM

Audrey Nath, Dr.

Self

Houston, TX

I am a neurologist and constituent in Houston, TX. Please oppose HB 1393 (Metcalf), permanent Daylight Saving Time (fast time). Please support instead HB 1733 (Cain), HB 1736 (Curry), and SB 692 (Middleton) for permanent Standard Time (natural time).

The US has previously tried permanent Daylight Savings Time, and it was a disaster. President Nixon had put Permanent DST into effect in 1974, and it was retracted within a year. We do not need to run this experiment again in Texas. There are more heart attacks with DST. With permanent Standard Time, there is improved visibility for driving during the morning commute, and better sleep and circadian rhythms. Permanent Standard Time would have a tangible positive effect on the health of Texans.

Arizona has had permanent Standard Time for decades, and there's no reason for Texas to be left behind in this regard. Additionally, President Trump has recently stated that he will not support permanent DST.

No on HB 1393. Yes on HB 1733, HB 1736, and SB 692. Thank you! -Audrey Nath, MD, PhD

Linda Johnson

Self

Huntsville, TX

No on HB 1393; Yes on HB 1733, HB 1736, SB 692

Vincent Mysliwec, Dr.

Self/Sleep Medicine Physician

San Antonio, TX

“No on HB 1393; Yes on HB 1733, HB 1736, SB 692”.

As a Sleep Medicine Physician and Researcher, permanent daylight savings time works against the health of Texans, their safety and economic prosperity. Please oppose HB 1393 and vote yes on HB 1733, HB 1736, SB 692. HB 1733, HB 1736 and SB 692 all support permanent Standard Time which aligns best with humans biologic clock ensuring their health, avoids driving to work and school in the dark, and optimizes scheduling and work routines for overall economic prosperity.

Qian Xiao, Dr.

Self (I am an associate professor in Epidemiology at UT Health Houston)

Sugar Land, TX

Please oppose HB 1393 (Metcalf), permanent Daylight Saving Time (fast time). Please support instead HB 1733 (Cain), HB 1736 (Curry), and SB 692 (Middleton), permanent Standard Time (natural time). Permanent DST is federally prohibited and more harmful than clock change. It would put sunrise past 8am for 3 to 5 months, as late as 9am. It would mandate millions of Texans to start school/work in the dark all of cold winter. It historically costs lives and business when tried. Permanent Standard Time instead is the honest clock, set to the sun, historically best for health, safety, education, and economy. Permanent Standard Time is the only federally approved way to end clock changes. Mexico adopted permanent Standard Time in 2022. Arizona has observed it for decades, as have most nations. Gallup finds half of the public wants permanent Standard Time, only a quarter want permanent DST. President Trump recently said he will not support permanent DST. I am a public health researcher and professor, and my own research has shown that DST and time change are health hazards that have been linked to traffic accidents, cardiovascular diseases, and mortality. It has also been linked to poor academic performance of students. No on HB 1393. Yes on HB 1733, HB 1736, and SB 692. Thank you!

Michael Ailport

Self - Aviation safety

Fort Worth, TX

I think permanent DST is not permitted by Federal Law. Further, it was tried nationally in the 1970s and hated so much it did not last 10 months.

Teri Huneycutt

Self/ retired

Plano, TX

It is way past time to end the switching back and forth. It is bad for our natural body rhythms as disruptive. Keeping daylight savings year round will give people more evening daylight for activities and such, so that's the best choice.

Lucinda Farrokh

Self—retired educator

Austin, TX

Kill daylight saving time. We don't need it in Texas!

Jamie Shy

Self

New Braunfels, TX

Absolutely NOT. Children do not need to be waking up and attending school in the dark during the fall and winter months. This was tried in the 1970s and repealed. There is nothing good to come from permanent DST. Please look into pST. There are so many resources regarding the health of remaining in standard time. @savestandardtime on X has great info. Thank you for allowing comments. Good luck this session! It's a doozy.

Michelle Evans

Self

Round Rock, TX

Support

Mary Helen Dunnam

self

Corpus Christi, TX

Please, vote "No" on HB 1393!

Please, vote "Yes" on HB 1733 and HB 1736!

Please, vote "Yes" on SB 692!.

Shannon Stewart

Self/Sourcing Manager

Frisco, TX

Daylight Savings Time is dangerous for children, and HORRIBLE for our health. It disrupts our bodies' circadian rhythm. Additionally, DST has been mandated by an overreaching government before (1972) and was so hated that it was repealed.

We need PERMANENT Standard Time.

Dictating artificial daylight savings is not the job of government. Noon should be when the sun is at its highest point in the sky, not at a time appointed by government.

Jude McMurry, Dr.

Self (retired research geochemist)

San Antonio, TX

PLEASE, please, please vote "NO" on this bill to extend Daylight Savings Time beyond what is already established. In south Texas, we do not need more afternoon/evening "daylight time" in the summer. I see no practical reason for us to have DST in Texas at all, in fact, and I would enthusiastically support a change to year-round standard time.

Janet Canton

Self

Spring, TX

This should have been put to a vote years ago. Stop this insanity. Go back to standard time in the fall..for good.

Nancy Heaton

Self

Houston, TX

Please oppose HB 1393 (Metcalf), permanent Daylight Saving Time (fast time). Please support instead HB 1733 (Cain), HB 1736 (Curry), and SB 692 (Middleton), permanent Standard Time (natural time). Permanent DST is federally prohibited and more harmful than clock change. It would put sunrise past 8am for 3 to 5 months, as late as 9am. It would mandate millions of Texans to start school/work in the dark all of cold winter. It historically costs lives and business when tried. Permanent Standard Time instead is the honest clock, set to the sun, historically best for health, safety, education, and economy. Permanent Standard Time is the only federally approved way to end clock changes. Mexico adopted permanent Standard Time in 2022. Arizona has observed it for decades, as have most nations. Gallup finds half of the public wants permanent Standard Time, only a quarter want permanent DST. President Trump recently said he will not support permanent DST.

No on HB 1393. Yes on HB 1733, HB 1736, and SB 692. Thank you!

Evan Escher  
self, Transit Planner  
Fort Worth, TX

No on HB 1393; Yes on HB 1733, HB 1736, SB 692

Daylight Saving Time is bad for Texans. People advocate for Daylight Saving Time because there is more daylight in the evening. However, since Texas lies on the western edge of Central Time Zone, our sunrise and sunsets are already later than normal. This means that anywhere in Texas within Central Time will always have more PM sunlight than AM sunlight. For example, if Texas was on year-round standard time, Houston would have an average of 38 more minutes of PM sunlight than AM per year, Dallas with 50, Fort Worth with 54, Austin with 58, San Antonio with 64, Abilene with 74, Lubbock & Amarillo with 90, Midland with 92, and Odessa with 94. If we observed daylight saving time year-round, add 120 to those numbers.

In the summer, the sun doesn't set until well after 8 PM--combined with the near 100 F temperatures, it is often unbearable to go outside until after sunset. However, because people have to get up for work the next day, most people are back inside by 9 PM, meaning they have very little time to take part in pleasant outdoor activities. If Texas observed year-round Standard Time, the sun would set before 8 PM in the summer, making the evening much more pleasant.

In the winter, the sun rises after 7 AM. If we observed permanent DST, the sun would rise after 8 AM, which would force millions to wake up and commute in the dark. We can already see this in March and October (the beginning and end of DST), when the sun often doesn't rise until after 7:30 AM. As stated earlier, the extra hour of sunlight at the end of the day isn't very beneficial since it's already late in the day, when people have to go home to make dinner, help their kids with homework, and get ready for the next day.

In the morning, humans need natural light to wake up. In the evening, it's less important since people are already awake, and it usually takes a few hours to fall asleep after sunset anyways.

Many places throughout the world with similar latitude and climate as Texas, such as Arizona, most of Mexico, Middle Eastern countries, India and most Southeast Asian countries, South Africa, and Western Australia all observe permanent Standard Time. Daylight Saving Time has its roots in the federal government, and for nearly two centuries, Texans have been known to pride themselves for their rugged individualism. In fact, Texas doesn't even need to ask the federal government to observe Permanent Standard Time. Observing Permanent Standard Time is more in tune with nature, and Texas's pride in small government. We don't need to care what other states do or don't do. Given Texas's large influence on the rest of the country, we can become trend-setters, and end this biannual clock change by observing year-round Standard Time.

NOTE: This message applies to the part of Texas that is within Central Time Zone. As for the part of Texas that is on Mountain Time, any action on this bill or related ones should not apply to them.

Lynn Monaco  
Self, Retired  
Weatherford, TX

I would appreciate Texas not changing time. I believe Standard Time is the most natural and helpful with our circadian rhythm. Please take this into consideration. Thank you!

Cynthia Grubb  
Self / Self Employed  
Dallas, TX

I definitely SUPPORT Keeping Daylight Saving Time Year round!

Joan Phillips  
Self Retired  
Wake Village, TX

It is much easier to have one time for summer and winter. Daylight savings is confusing to both people and animals.

Cindy Wilkins  
Self  
New Braunfels, TX

As a retired teacher, mother, caregiver to my parents, dog owner, and now as an elderly person myself, I've witnessed how changing the time twice a year affects the behavior of all. It takes a week to get all behaviors back to normal. That's two weeks lost to wandering, sleepiness, brain fog, loss of learning, and animals begging to be fed and exercised.

I do not care if you change it to DLST or CT, but please choose one and stick with it.

Brian Murray  
Self  
Abilene, TX

I am opposed to this bill. We already have plenty of daylight during working hours. Currently as we are observing DST, our kids are waiting for school buses in the dark. We are getting up, getting ready and driving to work in the dark. It is against everything in nature. Please vote no on this or any bill that attempts to deviate from Central Standard time. Let's eliminate the Daylight Saving as well.

Brigitte Kelley  
Self  
Harlingen, TX

I am all in for Texas to remain on Central Standard time year. I do not favor the flip flop back in forth from Central to Daylight Saving time.

Martha Habluetzel  
Campaign to Opt Out of Daylight Saving Time in Texas  
Ingleside, TX

Thank you for taking written comments. I just had surgery and am unable to travel.

I represent 21,000 Texans who want to end DST— through my Facebook page:  
Campaign to opt out of Daylight Saving Time in Texas. I have been to Austin to support ending DST every legislative session since Dan Flynn introduced Texas Time.

PLEASE oppose HB1393! Please oppose HB 1393 (Metcalf), permanent Daylight Saving Time (fast time). Please support instead HB 1733 (Cain) and HB 1736 (Curry), permanent Standard Time (natural time). Permanent DST is federally prohibited and more harmful than clock change. It would put sunrise past 8am for 3 to 5 months, as late as 9am. It would mandate millions of Texans to start school/work in the dark all of cold winter. It historically costs lives and business when tried. Permanent Standard Time instead is the honest clock, set to the sun, historically best for health, safety, education, and economy. Permanent Standard Time is the only federally approved way to end clock changes. Mexico adopted permanent Standard Time in 2022, and Arizona has observed it for decades, as have most nations. Gallup recently found half of the public wants permanent Standard Time, only a quarter want permanent DST. President Trump recently said he will not support permanent DST.  
No on HB 1393.

Yes on HB 1733 and HB 1736.

I need you to tell Rep Metcalf no - NO PERMANENT Daylight Shifted Time in Texas. Not in our Texas!

Daniel Habluetzel  
Habluetzels Garage  
Ingleside, TX

... I would like to see permanent (unchanging) STANDARD TIME implemented in Texas (and everywhere else)...Just like Arizona ... Daniel E Habluetzel.

Kristine Robinson  
Self  
Austin, TX

I am strongly for this bill. Please consider picking a time and sticking with it.

Mark Griffith  
My family  
Houston, TX

Please keep one time, we need to stop torturing our bodies and animals.

Richard MacKillop  
Self  
Cross Roads, TX

I support keeping Standard Time and eliminating Daylight Saving Time. Thanks!

Rick Groves  
self - owner of IT consulting firm  
Livingston, TX

Please consider changing this to Standard Time rather than DST. Permanent DST would be terrible in the winter months for anyone driving to work in the dark, children walking to school or waiting on a bus, and a host of other reasons of which I'm sure you are aware.

Maria DeCicco  
Self  
San Antonio, TX

No on HB 1393; Yes on HB 1733, HB 1736, SB 692". Permanent DST is federally prohibited and more harmful than clock changes. It would put sunrise past 8am for 3 to 5 months, as late as 9am. It would mandate millions of Texans to start school/work in the dark all of winter. It historically costs lives and business when tried. Permanent Standard Time instead is the honest clock, set to the sun, historically best for health, safety, education, and economy. Permanent Standard Time is the only federally approved way to end clock changes. Mexico adopted permanent Standard Time in 2022. Arizona has observed it for decades, as have most nations. Gallup finds half of the public wants permanent Standard Time, only a quarter want permanent DST. Why would we want to be out of alignment with nature? Do we want more tired and sleepy people on the roads being in the dark? Nixon tried this and people disliked it so much they reverted back within the year in the 70s. Why do humans keep making the same mistakes when we have evidence it wouldn't work long term? You can go and ask Arizona, Hawaii, and Mexico how their citizens feel on SDT. Please do not force poor thought out laws on the masses without your due diligence. The only correct time is Standard, natural time. End DST! Thank you!

Kajal Benipal  
Self, healthcare administrator  
Sugarland, TX

Permanent standard time aligns best with circadian rhythms. Changing to permanent daylight or keeping status quo has shown to cause school age kids morbidity and mortality, worsen mood, productivity and generally poor outcomes for the society and the economy  
No on HB 1393; Yes on HB 1733, HB 1736, SB 692

JOHN BOLGIANO  
Self retired  
LLANO, TX

OPPOSED  
Daylight Savings Time is like cutting one foot off the end of a blanket, sewing it on the other end, and saying you have made the blanket longer. The amount of daylight throughout the year is determined by the Earth's axial tilt and its orbit around the sun. Standard time brings us a closer relationship to solar noon and clock noon.

Howard Feldman  
Self  
Houston, TX

NO - to HB1393  
YES - to HB1733  
YES - to HB1736  
YES - to SB692

Rosalie Williams  
Retired  
Lewisville, TX  
VOTE NO to DST!

Richard Corey  
self, farmer  
Greenville, TX

Texas should honor our God's natural standard of time. Abolish observance of DST in the state of Texas permanently.

Hannah Niman  
Self, Accountant  
Houston, TX

Please oppose HB 1393 (Metcalf), permanent Daylight Saving Time (fast time). Please support instead HB 1733 (Cain), HB 1736 (Curry), and SB 692 (Middleton), permanent Standard Time (natural time). Permanent DST is federally prohibited and more harmful than clock change. It would put sunrise past 8am for 3 to 5 months, as late as 9am. It would mandate millions of Texans to start school/work in the dark all of cold winter. It historically costs lives and business when tried. Permanent Standard Time instead is the honest clock, set to the sun, historically best for health, safety, education, and economy. Permanent Standard Time is the only federally approved way to end clock changes. Mexico adopted permanent Standard Time in 2022. Arizona has observed it for decades, as have most nations. Gallup finds half of the public wants permanent Standard Time, only a quarter want permanent DST. President Trump recently said he will not support permanent DST. [Add any personal sentiments.] No on HB 1393. Yes on HB 1733, HB 1736, and SB 692. Thank you!

Rebekah Wotman

Self, nurse

Houston, TX

Please oppose HB 1393 (Metcalf), permanent Daylight Saving Time (fast time). Please support instead HB 1733 (Cain), HB 1736 (Curry), and SB 692 (Middleton), permanent Standard Time (natural time). Permanent DST is federally prohibited and more harmful than clock change. It would put sunrise past 8am for 3 to 5 months, as late as 9am. It would mandate millions of Texans to start school/work in the dark all of cold winter. It historically costs lives and business when tried. Permanent Standard Time instead is the honest clock, set to the sun, historically best for health, safety, education, and economy. Permanent Standard Time is the only federally approved way to end clock changes. Mexico adopted permanent Standard Time in 2022. Arizona has observed it for decades, as have most nations. Gallup finds half of the public wants permanent Standard Time, only a quarter want permanent DST. President Trump recently said he will not support permanent DST. [Add any personal sentiments.] No on HB 1393. Yes on HB 1733, HB 1736, and SB 692. Thank you!"

Beverly Feldman

Self, Registered Nurse

Houston, TX

No on HB1393. Yes on HB1733, HB 1736 and SB692

Dawn Darmstetter

Self

San Antonio, TX

Permanent standard time is perfected for health, safety and productivity.

Emily Feldman

self

Lewisville, TX

Please oppose HB 1393 (Metcalf), permanent Daylight Saving Time (fast time). Please support instead HB 1733 (Cain), HB 1736 (Curry), and SB 692 (Middleton), permanent Standard Time (natural time). Permanent DST is federally prohibited and more harmful than clock change. It would put sunrise past 8am for 3 to 5 months, as late as 9am. It would mandate millions of Texans to start school/work in the dark all of cold winter. It historically costs lives and business when tried. Permanent Standard Time instead is the honest clock, set to the sun, historically best for health, safety, education, and economy. Permanent Standard Time is the only federally approved way to end clock changes. Mexico adopted permanent Standard Time in 2022. Arizona has observed it for decades, as have most nations. Gallup finds half of the public wants permanent Standard Time, only a quarter want permanent DST. President Trump recently said he will not support permanent DST. I am a sleep researcher and PhD candidate. This is the most evidence-based choice. Light is fundamental to human circadian health, which in turn influences nearly every aspect of well-being. Disruptions to our circadian rhythms, such as those caused by shifts in daylight saving time, have been linked to increased risks of heart attacks, strokes, metabolic disorders, and mood disturbances. Permanent standard time aligns more closely with natural light exposure, supporting stable sleep patterns and reducing these health risks. Beyond individual health, maintaining standard time can yield significant public health and economic benefits. Research indicates that consistent circadian alignment reduces healthcare costs, workplace errors, and traffic accidents. By eliminating the biannual time change and adopting permanent standard time, we can promote a healthier, more productive society while reducing preventable medical expenses and safety hazards. I urge policymakers to prioritize public health by supporting the transition to permanent standard time. No on HB 1393. Yes on HB 1733, HB 1736, and SB 692. Thank you!

Anita Barnett  
Self/retired, homemaker  
BEAUMONT, TX

Committee Members:

Please do away with daylight saving time. This has been a difficulty for me for decades; I've dreaded it every year in the spring. Science now backs up what my body has been telling me all along. I'm old enough to remember going to school in the dark when we, as a nation, tried to have DST year round. It was horrible and, we as a nation, abandoned that plan. Please get us set to Standard Time for good health. Thank you.

Sincerely,  
Anita Diane Barnett

Jenni Griesel, P.E.  
Self, professional engineer  
Round Rock, TX

Please oppose HB 1393 (Metcalf), permanent Daylight Saving Time (fast time). Please support instead HB 1733 (Cain), HB 1736 (Curry), and SB 692 (Middleton), permanent Standard Time (natural time). Permanent DST is federally prohibited and more harmful than clock change. It would put sunrise past 8am for 3 to 5 months, as late as 9am. It would mandate millions of Texans to start school/work in the dark all of cold winter. It historically costs lives and business when tried. Permanent Standard Time instead is the honest clock, set to the sun, historically best for health, safety, education, and economy. Permanent Standard Time is the only federally approved way to end clock changes. Mexico adopted permanent Standard Time in 2022. Arizona has observed it for decades, as have most nations. Gallup finds half of the public wants permanent Standard Time, only a quarter want permanent DST. President Trump recently said he will not support permanent DST. [Add any personal sentiments.] No on HB 1393. Yes on HB 1733, HB 1736, and SB 692. Thank you!

James Ransdell, Mr  
Self  
Seguin, TX

This bill, HB 1393, is a sensible measure that seeks to establish year-round daylight saving time in Texas, contingent upon federal authorization. This change promises to enhance the quality of life for Texans by providing longer evenings, potentially boosting economic activity, and reducing energy consumption. By aligning our state with a consistent time, we can minimize disruptions caused by biannual clock changes and promote greater stability. Therefore, I support this bill.

Marie Isernhagen-Schmidt  
self (retired paralegal)  
Georgetown, TX

GET RID OF DAYLIGHT SAVING TIME!! WE DON'T NEED IT ANYMORE! ITS HARMFUL TO HEALTH OF HUMANS AND ANIMALS, ESPECIALLY LITTLE KIDS THAT HAVE TO GET UP AND GO TO SCHOOL IN THE DARK SO THAT DADDY CAN PLAY SPORTS IN DAYLIGHT!! DUMB GET RID OF IT.

Angela Mysliwec, MD  
Self  
San Antonio, TX  
No on HB 1393!

Janet Canton  
Self  
Spring, TX

Please do not support this bill. As you know, the only change can be back to standard time. Please support that instead.

Catharine Wall

Self

Austin, TX

I oppose this bill. Experts believe that year-round STANDARD time would be the healthier time change. Permanent standard time would provide more sunlight earlier in the day, which is overall better for our natural melatonin system and circadian rhythm. As someone who has trouble sleeping, I favor the possibility of supporting my natural melatonin system and circadian wellness with more sunlight earlier in the day rather than later. Please do more research before you make this decision. I recommend you consult the website of the Coalition for Permanent Standard Time (CpST) to learn more about the detrimental health and safety issues that would accompany permanent daylight saving time.

Elyse Freed

Self

Houston, TX

No on HB 1393; Yes on HB 1733, HB 1736, SB 692

Tania Cohen

Self, Advancement

Houston, TX

No on HB 1393; Yes on HB 1733, HB 1736, SB 692

Natan Herc

Self

Houston, TX

No on HB 1393 yes on HB 1733, HB1736, SB 692

Yitzchak Sprung, Rabbi

United Orthodox Synagogues

Houston, TX

For religious reasons, daylight savings time is very difficult for many Jewish people. Our morning prayers take place after daylight and a permanent later sunrise would make it difficult for us to gather in prayer before going to work each morning. As a spiritual leader of one of the largest orthodox synagogues in the great state of Texas, I humbly request that you ensure standard time remains or becomes the true standard.

Michele Richardson

Self

Georgetown, TX

Please stop the switch of on/off on daylight savings time. Leave it on or off.

Sudha Tallavajhula, Dr.

University of Texas McGovern Medical School- Neurologist

Houston, TX

Please oppose HB 1393 (Metcalf), permanent DST (fast time). Please support instead HB 1733 (Cain) and HB 1736 (Curry), pST(natural time). Permanent DST is federally prohibited and more harmful than clock change. It would put sunrise past 8am for 3 to 5 months, as late as 9am. It would mandate millions of Texans to start school/work in the dark all of cold winter. It historically costs lives and business when tried. Permanent ST instead is the honest clock, set to the sun, historically best for health, safety, education, and economy. Permanent ST is the only federally approved way to end clock changes. Mexico adopted permanent ST in 2022, and Arizona has observed it for decades, as have most nations. Gallup recently found half of the public wants permanent ST, only a quarter want permanent DST. President Trump recently said he will not support permanent DST. Protect our brains, promote longevity and save lives! No on HB 1393. Yes on HB 1733 and HB 1736.

Lloyd Hunnicutt, Mr.

Self

Lubbock, TX

Changing the time twice a year does nothing but disrupt everyone's lives. There is no energy savings, indeed, there is literally nothing of value. Personally I like the having more daylight in the afternoon in the winter. I know the argument is children go to school in the dark, but keep in mind many rural children go to school in the dark and arrive home in the dark. Pick one or the other times, and leave it alone. Arizona is the only State that has taken a rational approach to this for years.

James Mysliwiec

SELF- RETIRED

San Antonio, TX

I am opposed to mountain standard time NO! on 1393