

Health – Adverse Effects Recognized by AMA

<https://academic.oup.com/sleep/article/46/3/zsac323/6972902>

Dr. Beth A Malow – Letter Response Published 06 Jan 2023

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“... As evidence gathers on the detrimental health consequences of both the abrupt shift and the circadian misalignment resulting from seasonal clock changes, a growing number of organizations [most recently the American Medical Association [7] have advocated for permanent standard time (pST)]. ...”

<https://www.ama-assn.org/press-center/press-releases/ama-calls-permanent-standard-time>