

Submitter: Jenesse Kaitz
On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1090

Hi I'm a clinical psychologist in sleep medicine. The effect sleep has in our and mental well-being is well known. Permanent standard time is unilaterally considered the best for our sleep and everything that comes with by experts in sleep medicine. I urge to consider the evidence based approach to policy making and please support permanent standard time. I can also say personally that I moved to Oregon only in the past year from New England. I have noticed the effects of DST are worse here. It is currently artificially light out late at night here because of DST and that will only get worse during the summer. Do you know the effects of sunlight too late at night? Cause if you don't you should be consulting with experts to make this decision. Just to scratch the surface. It makes it that much harder to sleep. So when that happens people go to bed later. But guess what? You still have to get up for work at the same time. So we chop off our sleep every night. And this exact scenario where people aren't getting enough sleep because they're going to bed too late because it's light out too late has been shown to have negative health consequences. So please support the end of DST and permanent standard time for the health of all Oregonians! Thank you!