

Members of the Senate Rules Committee,

I am writing to express support for SB 1090, which would do away the one-hour changes to and from daylight saving time. Although summer is a cherished time of the year, adopting daylight saving time has not made it more pleasurable. Likewise, it does not save time or daylight but rather shifts light from morning to evening, with the accompanying disruption of biological clocks and reduction of morning light exposure.

I personally dread the twice-yearly time changes associated with daylight saving time and the accompanying feelings of sluggishness and lost productivity, which typically last about a week. I am old enough to remember life before daylight saving time and the good times associated with warm summer nights when it was dark. Although I love the night sky, I am rarely able to use my telescope because the sky in Western Oregon does not become sufficiently dark for astronomy until after well after 10 pm during the summer and is usually overcast and cold during the months when standard time is currently in effect. It is also more difficult to fall asleep the night before early day activities in the summer because of the shift in daylight.

Please reject the false premise that daylight saving time somehow creates longer days and show respect for our biological clocks and the health benefits that such respect provides.

Bert Krages
Lake Oswego

