

Submitter: Jens Cristian
On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1090

I am writing to express my wholehearted support for Senate Bill 1090, which proposes the adoption of permanent Standard Time in the state of Oregon. As a lifelong resident of the neighboring state of California, I firmly believe that this bill represents the most effective way to put an end to the disruptive time changes. I commend Oregon state lawmakers in their leadership on SB1090 and the California State Assembly needs to follow with similar legislation. It is politically viable and will allow us to move in unison on locking our clocks into permanent Pacific Standard Time (UTC-8).

One crucial aspect that sets Standard Time apart and supports its adoption is its preservation and provision of morning light, particularly in the darkest 18 weeks of winter. The importance of morning light on our daily lives, health, and well-being cannot be overstated. Morning light exposure plays a vital role in regulating our circadian rhythms and synchronizing our internal body clocks with the external environment. The peer-reviewed study conducted by Dr. Alfred J. Lewy and his team in 1998, titled "Morning Versus Evening Light Treatment of Patients with Winter Depression." demonstrated the significant benefits of morning light exposure for individuals suffering from winter depression, also known as seasonal affective disorder (SAD). Dr. Lewy's research clearly established that exposure to morning light can alleviate depressive symptoms and improve overall mood and cognitive functioning. By adopting permanent Standard Time, Oregon would ensure that its residents have consistent access to the essential morning light. Standard Time aligns our clocks with the natural progression of daylight, maximizing morning light exposure during the crucial waking hours. This alignment promotes optimal circadian rhythms.

In addition to the benefits of morning light, the adoption of permanent Standard Time would address the numerous challenges posed by the biannual time changes. These changes disrupt our sleep patterns, resulting in negative consequences for our health and safety. The abrupt shifts in time have been linked to increased fatigue, decreased productivity, and an elevated risk of accidents and injuries. By eliminating the need to adjust our clocks, SB1090 would provide much-needed stability to our daily lives, promote better sleep quality, and mitigate the associated health and safety risks.

It is worth noting that the adoption of permanent Standard Time is not only supported by scientific evidence and public health considerations but is also legally authorized. The federal law, specifically 15 USC 260a, grants any state the authority to adopt

year-round Standard Time through the legislative process without the need for Congressional approval. By enacting SB1090, Oregon would be exercising this authority and joining other states that have recognized the benefits of permanent Standard Time including Arizona and Hawaii.

In conclusion, I urge the committee to support SB1090 and take the necessary steps to ensure the adoption of permanent Standard Time in Oregon. By doing so, you would not only end the disruptive time changes but also prioritize the importance of morning light, backed by scientific research. Let us seize this opportunity to enhance the well-being of Oregonians, protect their mental health, and promote a safer and more productive society.