

Noggin Oregon Senate Testimony in favor of Permanent Standard Time

BEN BOLEN: PSU graduate student, PSU Neuroscience Club President, NW Noggin volunteer

My name is Ben Bolen and I'm a PhD candidate at Portland State, where I create robots that use artificial muscles to study neuromuscular control. I'm president of PSU's Neuroscience Club, which is the university's most active club. I'm also a volunteer with NW Noggin, FIRST robotics, and MESA. And very recently my first child was born.

I've always considered myself somewhat of a night owl even though I understand humans are diurnal creatures. I never really saw the purpose of changing between Daylight Savings Time and Standard Time. If you'd asked me a few months ago, my gut reaction would have been to join the permanent DST bandwagon. However, seeing how my child's circadian rhythm develops, and noticing the changes in myself as I've adjusted to their schedule, I do see and feel the benefits of keeping Standard Time.

But more than this anecdote, the evidence is clear: DST has negative impacts on individual health and society, whereas keeping permanent Standard Time is better for us.

Ben Bolen

Graduate student, Mechanical Engineering, Portland State University
President, PSU Neuroscience Club, Northwest Noggin volunteer