

Noggin Oregon Senate Testimony in favor of Permanent Standard Time
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Ladies and Gentlemen of the Committee, good morning to you all. My name is Alexis Gonzalez, communications officer for the Neuroscience Club at Portland State University.

I have ADHD, and have recently moved from Arizona to the wonderful state of Oregon. Arizona is one of two states without Daylight Savings implemented alongside Hawaii. As such, the concept of Daylight Savings is largely foreign to me, and the adjustment has been draining. This has been evidenced by physiological responses in my body to the arbitrary time adjustment, an adjustment that has thrown several aspects of my life off-balance, personally, professionally, and academically. Where I normally am able to perform my tasks at work at peak efficiency, consistently turn in assignments, and organize social gatherings with ease, I now struggle to keep up due to the fact that I no longer am running by a clock that I have grown used to.

Indeed, anecdotal reports I have received from multiple colleagues in California, Oregon, Washington, and Arizona have all come to similar conclusions. Time is valuable, and a sudden change in it is not only useless, but causes far more harm than help.

Several studies have found an increase in vehicular collisions during the period of time that Daylight Savings is put into effect, particularly after transitions. Due to our physiological clocks being inhibited by a sudden change to routine, a normally alert and competent individual is suddenly handicapped physically and psychologically as they struggle to adapt to the change. The relationship between crash rates and time changes is complex; however our current approach can have real and disastrous consequences, with increased collisions being a financial and health hazard to the citizens of this state and country.

Therefore, on behalf of our fellow student body, coworkers, and citizens, we advocate that Daylight Savings be abolished and standard time is made permanent.

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