

Submitter: Dennis McDonald

On Behalf
Of:

Committee: Senate Committee On Veterans, Emergency Management, Federal
and World Affairs

Measure: SB1548

In the past I have taught a college course about biological clocks. Humans have multiple internal clocks that regulate not only our sleep/wake cycle, but many diverse physiological functions such as when cell division occurs to heal wounds, the rate of urine production by our kidneys, the times of day when we are best able think clearly, etc. etc. These internal rhythms are kept in an orderly 24 hour cycle by the daily light/dark cycle of sunlight. If the internal rhythms are artificially desynchronized from the sunlight cycle, the risk of serious health issues increases greatly. Changing to daylight savings time twice a year, or maintaining constant DST does desynchronize our internal rhythms, and the negative health effects have been clearly documented. This argues strongly to stay on Standard Time permanently. Therefore, I strongly support Senate Bill 1548 to make Standard Time permanent in Oregon.

Thank you for your attention.