

Submitter: JoLynn Conolly

On Behalf
Of:

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

Measure: SB1548

I support stopping the switch to daylight savings time and staying on standard time. This is not just a one-day-twice-a-year inconvenience for myself and others. Daylight savings time causes health challenges that last for a couple months, sometimes more. Sleep cycles and circadian rhythms get disrupted which causes metabolism challenges that often result in weight gain that becomes more and more difficult to lose as the years pass. There are many people who suffer these issues as a result of "losing" that hour in the spring. Additionally, the longer-than-natural daytime schedules tend to promote over-exertion (like working too long in the yard or some other outdoor activity), late dinner times (again, contributing to metabolism and sleep issues), and disruption of sleep times. The presence of light during sleep time contributes to poor sleep, which contributes to health challenges. (<https://www.news-medical.net/health/Sleep-and-Hormones.aspx#5>). Ben Franklin was wrong about this one. Please restore our natural sleep cycles and return to permanent Standard Time. Thank you.