

Submitter: Anton and Raylene Eilers

On Behalf Of: Self

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

Measure: SB1548

It would seem that over time humans should evaluate practices, and determine what positive or negative effect the practice (in question) has on human behavior/health and the environment. The practice of "daylight" savings time was introduced 1918 during WWI to achieve conserving fuel by Americans for the "war effort". An entomologist George Hudson of New Zealand lent his expertise for changing the clocks because it would increase his daylight hours to aid his ability to spend more light to catch his insects which benefited him. In March 2023, the YouGov poll revealed that 62% of Americans wanted to end the practice of daylight savings time. As a physician and nurse, we are more concerned with the effect on the human body when there are changes in natural biorhythm. We have documentation of the detrimental effects in night shift worker's health and mental health and there is some evidence that during the changes between daylight savings and standard time there is an increase in MVA's, heart attacks, stroke, and general behavioral changes. We are asking the Oregon Legislature to return to the Pacific Standard time for Oregon as stated in this proposed bill SB 1548. Thank you Dr. and Mrs. Anton F. Eilers