

Submitter: Lisa Adams

On Behalf
Of:

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

Measure: SB1548

I do not understand why the time change was not abolished years ago. Every season, with each time change, my sleep and consequently my health suffers. My husband and I both work and get up very early in the morning. We do not see a benefit to daylight savings time and having the sun up until 9:30 p.m. and I don't believe it benefits any working person. There is simply no point to having to change our clocks twice a year and it is detrimental to all of our health and well being, as statistics have proven with the fact that there are more vehicle accidents on the Monday following the change than any other day of the year. Daylight savings time is ridiculous and should be abolished.