

Submitter: Keirant Bryerton

On Behalf
Of:

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

Measure: SB1548

The state of Oregon should adopt permanent standard time because:

1. Time changes are hard on all of us.
2. Both the American Medical Association and the Academy of Sleep Medicine agree: standard time is the healthier option.

The American Academy of Sleep Medicine has stated:

“The U.S. should eliminate seasonal time changes in favor of a national, fixed, year-round time...current evidence best supports the adoption of year-round standard time, which aligns best with human circadian biology and provides distinct benefits for public health and safety.”

The Oregon Legislature should prioritise scientifically sound policy and in this case, science tells us permanent standard time is the better choice.