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Senate District 16 - Senator Suzanne Weber  
House District 31 - Representative Brian Stout  
Senate Committee On Veterans, Emergency Management, Federal and World Affairs

Measure: SB1548

Dear Members of the Oregon State Legislature,

I am writing to express my strong support for House Bill 1548, which advocates for the adoption of Standard Daylight Time for the state of Oregon. As a concerned resident, I believe that discontinuing the practice of Daylight Savings Time (DST) and transitioning to Standard Time year-round would bring numerous benefits to our state.

Over the years, numerous peer-reviewed studies have highlighted the negative impacts associated with the biannual time changes mandated by DST. These studies have consistently shown adverse effects on public health, safety, and economic productivity. Therefore, it is imperative that we take action to rectify these issues by adopting Standard Time as the permanent standard for Oregon.

One of the most compelling reasons to abolish DST is its detrimental effect on human health. Research has demonstrated a link between the disruption of circadian rhythms caused by DST transitions and various health problems, including an increased risk of heart attacks, strokes, and other cardiovascular events. Additionally, the shift in sleep patterns resulting from DST has been associated with higher rates of workplace accidents, motor vehicle collisions, and even a temporary increase in the incidence of fatal accidents.

Furthermore, the economic costs of DST cannot be ignored. Studies have shown that the time changes disrupt business operations, decrease productivity, and lead to higher energy consumption, particularly in the form of increased lighting and heating expenses. By eliminating DST and adopting Standard Time year-round, Oregon stands to benefit from greater economic stability and efficiency.

In light of these findings, I urge you to support House Bill 1548 and take decisive action to end the outdated practice of Daylight Savings Time in our state. By doing so, we can improve public health, enhance safety on our roads and in our workplaces, and bolster our economy.

Thank you for considering my perspective on this important issue. I trust that you will make the right decision for the well-being of Oregonians.

Sincerely,

Jeremy Nicholes