

Submitter: Evan L

On Behalf
Of:

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

Measure: SB1548

Every year the time change disrupts my life and promotes bad health.

I am close to world record for insomnia and every year the time change rocks me and causes major disruption. It takes me months to adjust.

Then, right as I get adjusted, the time changes again.

This year was the first time I noticed a weight loss component to the time change. I ate an hour later and my body didn't absorb the food any better and burned the energy more.

I lost 9 pounds since the last time change.

I usually like the fall time change but this year it was super awful for me in general.

This madness needs to end!