

Submitter: Cierra Smith

On Behalf
Of:

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

Measure: SB1548

I beg you to consider people who work 8-5 jobs. A permanent shift to standard time means more days that these people are driving to work as the sun comes up and driving home as it goes down. They do not get to experience the sunshine, which is crucial for our health. The sky getting darker earlier also prevents people from doing any outside chores after work they need to get done and many people lose motivation to run errands after work when it's dark outside. Also, those who experience seasonal depression or depression in general will have less access to sunlight if they're working full time, which can potentially raise suicide rates. People desperately need more sunlight in the evenings for productivity and good mental health and we'd lose that by staying in standard time.