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On Behalf
Of:

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

Measure: SB1548

I support SB1583 and the termination of fiddling with our clocks halfway through the fall and spring seasons. It's an antiquated practice that due to cultural changes and technology is no longer necessary to maximize daylight hours in industry. Rather than help--Experts estimate the biannual time change costs the United States around \$430 million annually and is correlated to an increase in accidents and injuries due to messing with people's sleep patterns. Research has demonstrated that the lack of sleep, even short-term sleep deprivation can cause dangerous impairments to driving ability similar to that seen with driving under the influence of alcohol. Consistency is the key, yes there will be fluctuations in the amount of daylight hours, but we see that with seasons anyway-- the goal here is to make time user-friendly. Falling back or springing forward on different dates each year catches most of America by surprise annually, with other nations and states making the move to abolish the switch as well, it makes sense to standardize so that interstate and international connections can be maintained without disruption. Adopting a year-round standard time would be better overall as this would align our corporate productivity to our biological circadian rhythms. But even adopting DST year-round would be an improvement over the constant push forward or jump back.