

Submitter: Samuel Javadi

On Behalf
Of:

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

Measure: SB1548

I oppose abolishing Daylight Savings Time. This change would create many inconveniences and be detrimental to people's physical and mental health for a variety of reasons.

Before I begin, I would like to call attention to the fact that in 2019 the Oregonian people voted to stay on DST year-round. Making the move to Standard Daylight Time year-round out of impatience directly contradicts what the citizens voted for.

Now, while swapping time zones can disrupt circadian rhythm which can supposedly affect the mental health of the public for a short period of time, remaining on SDT means less sunlight during the hours in which most people are awake. Less sunlight is linked with mental health issues, and considering that abolishing DST would remove an hour of sunlight from Oregon citizens' daily lives, the claim that abolishing DST would improve mental health is objectively false.

Moreover, The change would be problematic for many individuals for various reasons, including but not limited to:

- Any form of communication/collaboration with other time zones would face a larger time disparity—specifically noting the two-hour time disparity with the portion of Oregon under Mountain Standard Time and the four-hour time disparity with the east coast.
- The general public, whose schedules align much more with the 5:30AM-9:00PM daylight schedule than the 4:30AM-8:00PM daylight schedule that we would see on June 21st.
- Women or children wishing to participate in outdoor activities would have much less time to comfortably do so, due to the elevated risk they face outdoors in the dark.
- Evening drivers would lose the protection that the extra hour of sunlight offers (and while morning drivers might lose the protection in DST, evening driving is more fatal than morning driving when taking into account the extra drivers and the drunk drivers.)

In finishing, I would like to reiterate that this bill contradicts what the people voted for a mere 5 years ago and that it makes much more logical sense to continue switching between DST and SDT as we wait to be allowed to move to year-round DST.