

Submitter: Manny Handy

On Behalf Of: On behalf of common sense

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

Measure: SB1548

Hello there Oregon committee!

I am from California and went to college in Connecticut, and I am from California pretty much.

This legislation is HORRIBLE! Just because some sleep experts favor standard time, doesn't mean we need to do that! They don't even have any legislative power, which is why you need to ignore the sleep experts! They don't have good evidence of standard time improving our sleep.

Yes, bright mornings do wake us up, but during the winter, we spend most of our time inside. We can turn on lights inside our house to wake us up in the winter. The sun rises early enough in the summer under DST, so it will be fine. We already passed DST in 2019. Yes, only the senate has acted, but why are we pushing this?? 4:30 AM sunrises are a WASTE of daylight in the summer. We DO NOT want that!

Also, there is evidence that standard time's darker evenings are more dangerous. Steve Calandrillo testified on Tuesday, and he mentioned how dark evenings are more dangerous than dark mornings. A meta study by Rutgers researchers even showed that 343 lives per year can be saved under permanent DST, and permanent standard time would do the opposite. 4:30 AM sunrise will NOT benefit anybody, if anything it'll make our summers worse because darkness comes an hour earlier, and that's several months of evening sunlight down the drain. It doesn't even get that warm on the west coast in the summer, we do NOT want cooler evenings.

Next, standard time will make the economy worse because no businesses open at 4:30 AM. However, a lot of them are open at 8-9 pm, and that's where the sunlight SHOULD be.

I am begging you to ignore Save Standard Time, AASM, and the sleep experts' advice for permanent standard time! They spread pseudoscience without recognizing the science for DST! They don't want to know the benefits because they ONLY want their preference. Instead, we should listen to the REAL experts like Steve Calandrillo, who recognizes that are some downsides to DST, such as an extra hour of darkness in the morning. To fix that problem, let's start school and work later. Nobody likes to wake up at 6 AM anyway.

PLEASE DO NOT go through with this bill! Instead, let's stick to our ORIGINAL route that has already been passed back in 2019.