

Submitter: Vandy Esche

On Behalf Of:

Committee: Senate Committee On Rules

Measure: SB1548

I am writing in support of Senate Bill 1548. Standard time is the healthier choice according to science. Standard time more closely aligns with the body's natural circadian rhythm. During the first weeks of the switch there is an increase in heart attacks, car accidents and depression. It is time to ditch the switch. Standard time is the best choice for our mental and physical health. Listen to the science. Keep Oregon on permanent Standard Time.

Please vote YES on Senate Bill 1548!!

After Oregon approves permanent standard time California, Idaho and Washington State will follow our lead!