

Submitter: Thuy Nethongkome  
On Behalf Of:  
Committee: Senate Committee On Rules  
Measure: SB1548

Dear Senate committee,

I am writing to express my strong support for the abolition of daylight saving time in Oregon, aligning with other states in the Pacific Northwest (PNW). As a resident of Oregon, I have experienced firsthand the disruptive effects of changing our clocks twice a year. Not only does it disrupt our sleep patterns and circadian rhythms, but it also poses significant challenges for businesses, public health, and overall well-being.

Numerous studies have shown that the transition to daylight saving time leads to an increase in accidents, both on the roads and in the workplace, due to sleep deprivation and disorientation. Moreover, the arbitrary shifting of time has been linked to negative impacts on mental health, including heightened stress and mood disorders.

Aligning Oregon's timekeeping practices with those of neighboring PNW states would not only streamline logistical challenges but also promote regional unity and coherence. It would simplify cross-border business transactions, travel arrangements, and communication across state lines, ultimately fostering economic growth and efficiency.

Furthermore, eliminating the biannual time change would provide tangible health benefits for Oregonians. By maintaining a consistent schedule year-round, we can better regulate our sleep patterns, leading to improved overall health outcomes and reduced risk of chronic conditions such as heart disease and obesity.

In conclusion, I urge policymakers to prioritize the well-being and productivity of Oregonians by supporting the abolition of daylight saving time. By aligning with our neighboring states in the PNW, we can create a more harmonious and efficient timekeeping system that serves the interests of all residents.

Thank you for considering my testimony on this important issue.

Sincerely,  
Thuy Nethongkome, RN, BSN