

Submitter: Jennifer Stewart
On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1548

I am writing to express my support for placing Oregon on permanent standard time and here is why:

1. There are health risks associated with daylight saving. Moving the clocks artificially forward by one hour forces our bodies to awaken before our internal clocks are ready to. Studies have suggested that most people never make up this time--the sleep deprivation lasts the entirety of daylight saving. (Sleep Research Society)
2. More sunlight after work also means exposure to more sunlight closer to bedtime, making it harder to fall asleep. (Surely we have all experienced trying to go to bed in the summer when it is still light out at 9:30 p.m.)
3. Daylight savings time was, allegedly, enacted to conserve energy, but it currently does the opposite. "Extending" daylight hours actually encourages people to use more heating or more air conditioning. (International Association for Energy Economics)
4. Changing the clocks is associated with heightened mood disturbances and increases stress levels (Johns Hopkins School of Public Health)
5. If we want to improve human health, we should not fight against our body clock and natural circadian rhythms, which is what we are doing with we artificially decide to just change the time of day (National Institute of Health)

I am sympathetic to my fellow Oregonians who work in WA whose family-life would be impacted by this change. However, I believe the detriments to daylight saving (which are cumulative) are stacked too high.

Thank you.