

Submitter: Margaret Lacey
On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1548

I suffer from a serious sleep disorder. Twice a year, my already fragile sleep schedule is thrown into chaos for no other reason other than that the government has repeatedly failed to end a WWI-era practice that is no longer serving us. Most people might be tired or grumpy for a few days after the switch; it can take me weeks to level out. The research and evidence shows that even for people with normal sleep patterns, switching back and forth can be harmful and disruptive. Standard Time aligns best with most people's circadian rhythms, and energy consumption is much more complicated than it used to be, so we're not really saving energy by continuing to switch to DST every year. It's just not practical or necessary. Every potential problem with permanent standard time is totally solvable without giving us all jet lag and putting us at higher risk of car accidents twice a year.