

Submitter: Carolyn Hainline

On Behalf Of:

Committee: Senate Committee On Rules

Measure: SB1548

My family and I support the bill to stay on standard time year-round.

It is better for our sleep cycles and for our mental health.

We do not want to go to school or to work in the dark during winter hours when we are on daylight savings time. We want summer evenings to be darker earlier, so that we can sleep and rest better. Plus, on the Fourth of July we can have fireworks earlier if we are on standard time.

The transition of changing the clock back or forward every six months takes time to adjust, and makes us feel ill. Please pass this bill.