

Submitter: Lisa Adams  
On Behalf Of:  
Committee: Senate Committee On Rules  
Measure: SB1548

Everyone that I know is in favor of keeping standard time. Each season when we endure the change, we all have health and sleeping problems. There is absolutely no reason for all of us to have to go through this time and time again. We all work, we do not like Daylight Savings Time because it totally disrupts our sleep patterns making it harder to sleep at night because it is light so late. Most of us rise at 5:00 a.m. and the late light is not helpful. Let's just use common sense and leave the time at standard time permanently.

Thank you