

Submitter: Joyce Gudger

On Behalf Of:

Committee: Senate Committee On Rules

Measure: SB1548

Dear Rules committee, I write in support of SB 1548, to have permanent Standard Time. Below please refer to multiple medical and scientific research sources which outline the health benefits of permanent Standard Time.

I can add that it is obvious to me that my health is supported by Standard Time.

I hope you will be able to improve the well being of all Oregonians by passing this bill.

Thank you,

Joyce Gudger

<https://www.ama-assn.org/delivering-care/public-health/sleep-doctors-orders-use-standard-time-365-days-year>

<https://savestandardtime.com/sources/>