

Submitter: Kathryn Notson
On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1548

I support permanent Pacific Standard Time all year. Pacific Standard Time all year long is better for my overall health due to better sleep.

I do NOT support Pacific Daylight Saving Time as it keeps me sleep deprived from March to November. My body does NOT adjust to it. It's very difficult to wake up an hour earlier between March & November every year.

I dislike changing my clocks forward in March & backward in November. It's annoying since I have 2 clocks that are automatically programmed for Pacific Daylight Saving Time, one of them until 2097! That was BEFORE the federal law was changed to add 3 more days to Pacific Daylight Saving Time. I would prefer keeping the Pacific Daylight Saving Time switch in the off position on my 2 clocks.

Please pass the bill for permanent Pacific Standard Time. Yes, CA & WA BOTH need to pass a bill to change for permanent Pacific Standard Time all year so Oregonians can do the same. It wouldn't make sense if the west coast wasn't entirely in alignment with permanent Pacific Standard Time.

Candles will still burn & lights will be turned on when it's dark, but the sun's orbit doesn't change. I don't want to go to sleep when the sun is still up during Pacific Daylight Saving Time. I want to sleep when it's dark. Give all Oregonians the sleep they need for healthier lives.

Thank you.