

Submitter: Christy Marchant  
On Behalf Of:  
Committee: Senate Committee On Rules  
Measure: SB1548

Re: Standard Time – Plans for Senate Bill 1548

I was disappointed last year when the US Senate, supported by our US senators, passed the “Sunshine Protection Act” which would make daylight savings time permanent. I had written to both of them and our congressional representative prior to all of that letting them know my support of getting rid of the change back and forth but that it should be to standard time all year rather than daylight savings time. This is because for much of our winter, and certainly many northern states across the country, that means darkness until nearly 0900 every morning. For me that is a very depressing thought, not to mention kids waiting for school buses in the pitch dark for much of the winter.

It turns out that permanent standard time is also supported by science of which I hope you're all aware.

I am writing to you now to strongly support a switch to permanent standard time along with California, Washington, and hopefully eventually all the US. There are some who are concerned about having to go back and forth across time zones when crossing the boarder (to Washington and California) and though people would adapt I understand this and hope California and Washington will bring this to vote soon. Oregon as a leader would encourage this. I do not believe the argument that it would be light in the summer at 0430 is a concern. People can put down blinds if they wish, but on the other hand cannot bring the sun/light up outside.

Please bring all the science to this discussion and if there is any way at all you think I could help support this I am happy to do so. I am a nurse. Daylight savings time has been shown to have negative effects on mood, health, and accidents to name a few. Below is a statement from the AACM and a link to their paper. There are other studies out there.

Thank you for what you are doing.

Christy Marchant, RN, MBA and ... interested citizen!  
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An American Academy of Sleep Medicine (AASM) position statement

#### Position

It is the position of the AASM that the United States should eliminate seasonal time changes in favor of permanent standard time (ST), which aligns best with human circadian biology. Evidence supports the distinct benefits of ST for health and safety, while also underscoring the potential harms that result from seasonal time changes to and from daylight saving time (DST).

#### Citation

Rishi MA, Cheng JY, Strang AR, et al. Permanent standard time is the optimal choice for health and safety: an American Academy of Sleep Medicine position statement [published online ahead of print, 2023 Oct 31]. *J Clin Sleep Med*. doi:10.5664/jcsm.10898