

Submitter: Gregory Carich
On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1548
To the Committee:

I am in favor of SB 1548. I urge you to vote yes and pass it.

There is general agreement that ending the time switch would be good.

The switch should be to Standard Time (ST). ST is sun time.

All of we humans' processes are co-ordinated by our biological clocks. Daylight Saving Time (DST) gives more light in the evening, but takes away light in the morning. We can not change that fact. There are 24 hours in a day. Not one second more or less. The light in the morning is the most important in resetting our biological clocks. If we lived like our ancestors, i.e., before World War I, we would wake up at dawn and, depending on the time of year, stay awake for awhile in the evening after dark. Our bio-clocks would be in sync with the sun clock. The problem now is that we live in societies that force us to get up at times to go work or school that we do not get to choose and are unnatural.

Scientists that study biological timing call this situation "social jet lag." The body clock does not match the social clock. This leads to disrupted sleep. And that leads to a whole host of problems. We live in a sleep deprived society; a very bad thing for health. That one hour that is the difference between ST and DST makes a huge difference. Research clearly shows that fact.

Permanent DST was tried in 1974-1975. It was a disaster; I lived through it and can attest to that.

Scientists overwhelmingly support permanent Standard Time. Let Oregon begin the process of joining Arizona (who made the change to ST in 1966) and adopt permanent Standard Time. Pass SB 1548.