

Submitter: Heather Stein PsyD  
On Behalf Of:  
Committee: Senate Committee On Rules  
Measure: SB1548

To the Oregon Legislature:

I am a licensed psychologist who has served the public in Oregon for 30 years; I have been in private practice in Portland for 22 years.

I learned of bill SB 1548 only recently, and after reading the content, I feel very concerned about the ramifications of not only repealing the 2019 Permanent Daylight Savings bill that both Oregon and Washington passed and which the California public also voted for, but also about passing Permanent Standard Time without significant input from the Oregon public.

Given that I have only had a few days to prepare my testimony, I will only be sharing a few of my points supporting my opposition to SB 1548.

Despite the research/literature around circadian rhythms and the comparisons to Arizona and Hawaii who are on permanent Standard Time, it is not logical to generalize for the specific geographical location of the Pacific Northwest. For example, Arizona and Hawaii have significantly more sunny days than Oregon. Although I do not have current data on the prevalence of Seasonal Affective Disorder in Oregon or the PNW versus other regions of the country, I would surmise that people suffer more from SAD here. Losing an hour of sunlight in the evenings could certainly create negative impact on those individuals.

Three days ago I created a survey primarily for the mental health community that I am part of, and as of today, I have received 133 responses. Of those, I believe at least 120 are from mental health therapists.

This survey included the following questions:

1. In general, are you in support of ["For"] or against a measure that would make Oregon's time zone fixed/permanent?
2. If 'For', are you in favor of permanent standard time or permanent daylight saving time?
3. If you had to choose between Permanent Standard Time or keeping the time zone as is (annual one-hour changes), what would you prefer?
4. If you had to choose between Permanent Daylight Savings Time or keeping the time zone as is (annual one-hour changes), what would you prefer?

I also asked for input on what impacts (positive/negative/neutral) Permanent

Standard Time would have on their and their clients' daily activities and mental health. I received over 100 written responses, and the majority expressed that permanent Standard Time would be more detrimental than beneficial.

Results were:

1. In general, are you in support of ["For"] or against a measure that would make Oregon's time zone fixed/permanent?

81.95% in support

18.05% against

2. If 'For', are you in favor of permanent standard time or permanent daylight saving time?

26.13% in favor of permanent Standard Time

50.45% in favor of permanent Daylight Savings Time

23.42% chose the option: "No preference between Permanent Standard Time or Permanent Daylight Savings Time, I just don't want the annual one-hour changes to continue indefinitely."

3. If you had to choose between Permanent Standard Time or keeping the time zone as is (annual one-hour changes), what would you prefer?

48.84% Permanent Standard Time

51.16% Keeping the annual one-hour changes

4. If you had to choose between Permanent Daylight Savings Time or keeping the time zone as is (annual one-hour changes), what would you prefer?

69.64% Permanent Daylight Savings Time

30.36% Keeping the annual one-hour changes

The results show that more respondents would prefer to hold out for Permanent Daylight Savings Time or to keep the annual one-hour time changes.

Despite the limitations of this survey in terms of number, scope, etc., I feel that this data is significant enough to warrant the inclusion of public opinion/vote such an impactful bill, versus the legislature passing it on their own.

The bill starts out with the words "Be It Enacted by the People of the State of Oregon." Please allow Oregonians to be actively involved in the process.

I would be glad to share more of the results of my survey, either via public testimony or in direct communication with legislature.