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On Behalf Of:

Committee: Senate Committee On Veterans, Emergency
Management, Federal and World Affairs

Measure, Appointment SB566
or Topic:

Daylight Savings time is outdated and there is no reason to keep doing it. It is a relic of a past age and no longer of value to society today.

Pacific Standard time has always been my preference for time. The sun rising and setting naturally has always been a better fit. When the time comes for us to move our clocks forward to an artificial, 'fake' time standard is never fun and frankly the excessive daylight screws up my sleep schedule like crazy. Pacific Standard Time works in other states, Arizona and Hawaii, its not like we have nothing to base it upon. Not to mention PST is scientifically proven to be better overall for the general health and wellness of society, especially for those who have sleep disorders, ADHD, chronic illness, etc., Plus lets not forget the parents who have kids with specific bed times and demanding sleep schedules, they will benefit as well!

Between CA, OR & WA, someone has to be first in making the change, I like the idea of Oregon leading by example and making Pacific Standard Time, as the name suggests, thee STANDARD of time. In a perfect world, this bill would be passed and become law BEFORE March, 9th 2025. But in a forgiving world, we could tough it out one more season if we had to.

We are currently operating on PST and it is already visible that the sun is staying out longer then it did in the previous winter months. As the year goes on, we will notice the sun stay out a little longer and longer. We don't need our clocks to change in order to make that happen, just let the sun do its thing naturally. Please, lets have the relevant parts of Oregon be on Pacific Standard Time year round!