

Submitter: Daniel Dyre-Greensite

On Behalf Of:

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

Measure, Appointment or Topic: SB566

I write to you in strong support of this bill, which will ultimately correct a longstanding oversight in this state (and unfortunately nearly all others) in finally removing Daylight Saving Time once and for all, in coordination with our West Coast neighbors. The American Medical Association and the American Academy of Sleep Medicine, representing the foremost subject matter experts in the country, stand behind this position because it is backed by years of science and evidence. The effects of DST are clear: a marked increase in heart attacks, disruption of the body's circadian rhythm, and an uptick in traffic accidents. This last item is of particular importance for us in Oregon as the past several years have seen a continuous rise in crashes on our roads and highways. Tragically, many victims of these incidents are children walking to school early in the morning, especially following the annual spring time change, when they suddenly are forced to walk in the dark. It is within our power to protect those children, and other vulnerable road users such as cyclists. All of the detrimental effects we experience from the current situation would be drastically worsened under alternative proposals to make DST permanent, and I urge you to reject any such bills which might come before the Legislature.

Also worth noting is that with the previously mentioned decrease in motor vehicle accidents and improved cardiovascular outcomes, the state could stand to save a substantial amount of money in health care costs alone - and at no expense to taxpayers. As a final observation, this is one precious few bipartisan issues: SB 566 happens to be sponsored by Republicans, while I am a lifelong Democrat; this is of no relevance because abolishing DST is the right thing to do.

Let us move forward and serve as an example to the country that even in the most challenging of times, we can still make good policy to measurably improve the lives of our fellow Oregonians. Vote yes on SB 566.