

Submitter: Llyn Peabody
On Behalf Of: The Sharing Gardens
Committee: Senate Committee On Veterans, Emergency
Management, Federal and World Affairs
Measure, Appointment or Topic: SB566

I want Oregon to stay permanently on Standard (natural time) and encourage a “Yes” vote on SB 566:

I’m a farmer. As the coordinator of the Sharing Gardens, a non-profit that grows organic produce for Food Pantries, I rise with the sun (or earlier) and I prefer standard time because it aligns more with my natural sleep cycles.
(https://thesharinggardens.blogspot.com/p/blog-page_6.html)

When clocks turn to Daylight Saving Time (DST) in the spring, it takes me about two weeks to adjust; the time-switch throws off my sleeping and eating schedules. The ‘extra’ hour of sunlight in the evenings is no good to me because I need it in the mornings when the air is cool and my energy is strong.

When proposals have been made to permanently switch to Daylight Saving Time, it is the lobbyists for the retail industry who push the hardest to make the switch. On the other hand, proponents of Permanent Standard Time include neurologists, educators and sleep specialists. (<https://savestandardtime.com/>)

I have read Michael Downing’s ‘Spring forward: the annual madness of daylight saving’, in which he traces the history of Daylight Saving Time. In essence, he comes to the conclusion that what the majority of Americans do with their ‘extra’ hour of sunlight is to go shopping. (<https://michaeldowningbooks.com/books/spring-forward/>) They are not ‘more productive’; they do not spend more meaningful time with their kids nor do they use the evening sunlight for outdoor recreation. It’s a lot easier for businesses and offices to make changes to their hours because they use electric lighting to get their work done. A farmer has to work with the natural rhythms of nature and Standard time more closely follows them.

“What are the benefits of standard time?”:

The primary benefit of standard time is that it aligns more naturally with our body's circadian rhythms, leading to better sleep quality and overall well-being by minimizing disruption caused by changing clocks, especially when compared to daylight saving time; this can positively impact mood, cognitive function, and even cardiovascular health.

Key advantages of standard time:

- Improved sleep:
By maintaining a consistent sleep schedule with consistent daylight exposure,

standard time can help people fall asleep and wake up more easily, promoting better sleep quality.

- Reduced health risks:

Studies suggest that frequent time changes associated with daylight saving time can increase the risk of certain health issues like heart attacks and accidents, which can be mitigated by staying on standard time.

- Enhanced productivity:

A stable sleep schedule due to standard time can lead to better concentration and overall productivity throughout the day.

- Safer for children:

With more daylight in the morning during standard time, children walking to school or waiting for the bus are exposed to better visibility.

- Less confusion:

Eliminating the need to change clocks regularly simplifies scheduling and reduces confusion about the current time.

These conclusions are corroborated and cited in an article published by Johns Hopkins University, 7 Things to Know About Daylight Saving Time.

(<https://publichealth.jhu.edu/2023/7-things-to-know-about-daylight-saving-time>).

Another good source for information on the topic is the non-profit organization Save Standard Time. <https://savestandardtime.com/>

Thank you for voting 'yes' on SB 566.