

Submitter: Ryan McCarthy

On Behalf Of:

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

Measure, Appointment or Topic: SB566

Year-round Standard Time would be a disaster. Being awoken by birds at 3am and have the sun setting before 5pm for half the years sounds absolutely awful. Given that those Oregonians who live west of the Cascades already suffer from Vitamin D deficiency, wasting 4 hours of sunshine while we are still asleep sounds awful.

Switching clocks is an inconvenience familiar to everyone outside of Arizona. I am aware of the various studies that say that switching the clock has a small but measurable affect on population health statistics. That said, the ideal solution is year-round Daylight Savings Time: have the sun up when people are up! I am aware we cannot do this without an act of Congress, but the real problem with our clocks isn't that we change them, it's that Standard Time does not work for our modern world.

Until we get Congress on board with the DST proposal, let's keep switching the clocks and throw year-round Standard Time in the garbage.