

I'm Kadi Rae Smith and I request your support of **SB 566** and **SB 1038**. These bills can end unnecessary time changes in the most efficient and lasting way. I'm a psychology and neuroscience student at Portland State University and currently serve as the president of PSU's Interdisciplinary Neuroscience Association. I'm neurodivergent and for folks like myself, any change in our daily routine is challenging, but *especially* changes that affect our sleep patterns, a vital part of mental health management. We rely heavily on routines to function well, as our health and well being are dependent on them. Those of us with ADHD and Autism are like stick-shifts: What is automated for neurotypical people are largely manual processes for us, and require regular maintenance to keep from stalling out! Changes to our sleep patterns are very difficult to adjust to and can kick-start or exacerbate depression and anxiety that neurodiverse people often struggle with, making the challenges we work through on a daily basis more difficult. These unnecessary time changes are not only dysregulating twice a year, but have a lasting effect for a prolonged period of time *after* each shift, throwing our "biological clocks" and correctional behavioral systems off.