

Submitter: Steve Novick  
On Behalf Of: Self  
Committee: Senate Committee On Veterans, Emergency  
Management, Federal and World Affairs  
Measure, Appointment or Topic: SB566

In Support of SB 566

Dear Chair Manning and members of the Committee,

Please pass SB 566! Proper sleep is an essential element of human health, and lack of sleep has a wide variety of negative consequences, including car crashes. Sleep experts tell us, not only that switching times every year is incredibly disruptive to sleep health, but that standard time is better aligned to our natural sleep cycles than “daylight savings time.”

See this statement from the American Academy of Sleep Medicine:  
<https://jcsn.aasm.org/doi/10.5664/jcsn.10898>

Best regards,

Steve Novick  
Portland City Councilor, District 3  
4301 SE Lexington  
Portland OR 97206  
503-516-0624