

I want to offer my support for Senate Bills 99 and 690, which would eliminate daylight saving time in Oregon.

I'm sure you all have heard of the usual disadvantages to daylight saving; increased risk of heart attack within the first few days after the change to daylight saving time, and an apparent increase in workplace and vehicle accidents with sleep-schedule disruptions, among other disadvantages.

Personally, daylight saving severely disrupts my body's circadian rhythm, and when it's thrown off, I'm tired, disoriented and sleepy at inconvenient times. This morning (Monday, March 9), I find myself extremely tired and currently less productive at work. It'll likely take me a couple of weeks at least to adjust. It makes sense to live by the sun's schedule, not an artificial change on our clocks. It seems to be a misconception that we actually get more sunlight during the day. Oregon already enjoys extended hours of sunlight during the summer months, and the actual number of daylight hours doesn't change. Therefore, I believe the rationale of switching to DST to "extend" sunlight hours doesn't suitably pertain to Oregon (or anywhere else in the United States).

I also do not believe that daylight saving reduces the use of energy. The energy use in my home increases at certain points during the summer because the evenings stay hotter longer, and the use of the air conditioner in my home increases. And there is now an increased demand for lighting in the morning. Prior to today, I didn't need to turn on as many lights in the morning to get ready for work. Today, I had to turn on many more lights. I think it ends up being a wash energy-saving wise.

I realize that Oregon faces several challenges, and some may find switching between standard and daylight saving times minor, but if health and safety of Oregon citizens are the deciding factors, Oregon should remain on standard time year round. The federal government does not require states to observe daylight saving time, and Oregon should be a leader in eliminating daylight saving time.

Kind regards,  
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