

To: Chair Riley and members of the Senate Committee on Business and General Government  
From: Elaine Woods

Thank you for the opportunity to share with you my thoughts regarding SB 320, as I am unable to attend the Public Hearing.

I respectfully ask that you would pass SB 320 and allow the citizens of Oregon to vote as to whether we choose Daylight Savings Time as a permanent clock time.

Beyond the fact that this time change is inconvenient, if not confusing, changing the time causes losing an hour's sleep every spring and affects our body clocks and work effectiveness. There are health risks that are increased around time changes: Seasonal Affective Disorder need extra light from sunshine and there is increased depression among those with this disorder when changing to Standard Time. There are also increased rates of heart attacks (24%) and strokes on the day after these time changes occur.

Please pass SB 320 and allow the people to vote on their preference.

Thank you,

Elaine Woods  
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