

Submitter: Matthew Steen

On Behalf Of:

Committee: Senate Committee On Rules

Measure: SB1090

I'm writing to strongly support SB 1090 for permanent year-round Standard Time. As a parent and a former Forest Service employee in Redmond, I'm concerned that the alternative (permanent Daylight Saving Time) would extend dark mornings to more parts of the year putting children and drivers at increased risk of vehicle accidents. Furthermore, I'm concerned that the lack of morning daylight and increased evening light with year-round Daylight Saving Time would adversely affect our sleep and therefore health.

Permanent Standard Time is the best choice for ending bi-annual clock changes because it aligns with our circadian clock, is better for our health and safety, and is endorsed by doctors (American Medical Association) and teachers (National Parent Teacher Association) among many others. Permanent Daylight Saving Time would be worse for our health and safety than keeping clock changes and is largely supported by special interests for short-sighted economic reasons. The US tried year-round Daylight Saving Time in 1974 and it was ended early after widespread outcries.

Thank you for considering this important issue that is so fundamental to everyone's lives.

Sincerely,

Matt Steen