

Noggin Oregon Senate Testimony in favor of Permanent Standard Time
JUSTIN BENNER

Ladies and gentlemen of Oregon's Senate,

Thank you for the opportunity to share my thoughts related to the benefits of permanent standard time.

My name is Justin Benner, I am an undergraduate student in the Department of Psychology at Portland State University. I am an advocate for improving conditions in society related to neurology and psychology and have partnered with programs like Northwest Noggin, The [Early Assessment Support Alliance \(EASA\)](#), and EASA's [Young Adult Leadership Council \(YALC\)](#) to improve education surrounding the brain, and the services associated with mental health. I consider it a great privilege to be able to speak to you today.

After reviewing the research and resources available on the benefits of adopting permanent standard time it is my firm position that doing so would be scientifically and statistically the best step in the right direction for improving the health and happiness of our state.

It is no secret that Oregonians struggle with depression; in fact, data pulled from 2020 by the Center for Disease Control estimates that approximately 21% of Oregonians over the age of 18 struggle with depression. One of the main contributors to depression in the state is seasonal affective disorder or SAD for short. Research shows a link between waking up with light outside to a decrease in symptomatology of SAD by advancing the circadian rhythm which improves mood and energy levels throughout the day. Conversely waking up while it is still dark outside has been linked to delay in the circadian rhythm which has been shown to increase symptomatology and decrease areas previously mentioned.

As stated by Dr. Griesar adoption of permanent standard time would allow Oregonians to awake in sunlight more days of the year and reap the benefits that brings. I implore you to look over available resources to see just how much of a benefit adopting permanent standard time can bring to your communities through improving physical and mental health and come to your own conclusions.

Thank you again for your time and consideration in this matter. It is my hope that you take the words of those that have come forward today to heart and take action towards improving the lives of Oregonians through the adoption of permanent standard time.

Justin Benner
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