

Submitter: John Bartley

On Behalf
Of:

Committee: Senate Committee On Veterans, Emergency Management, Federal
and World Affairs

Measure: SB1548

Chair Manning, Vice-Chair Thatcher, and Members of the Senate Committee On
Emergency Management, Federal, and World Affairs:

My name is John E. Bartley, III. I reside in Washington County and currently serve as a precinct committeeperson of the Democratic Party of Oregon. I write today in support of SB 1548 and to urge its passage, to reduce the harmful effects on the health and welfare of Oregonians. Many, many examples of the harmful effects of Daylight time follow:

There are measurable adverse effects of time-shifts on human health.[1] It has been shown to disrupt human circadian rhythms as per the Journal of Sleep Medicine,[2] negatively affecting human health in the process,[3] and that the yearly DST time-shifts can increase health risks such as heart attack,[4] and traffic accidents.[5][6]

A 2017 study in the American Economic Journal: Applied Economics estimated that "the transition into DST caused over 30 deaths at a social cost of \$275 million annually", primarily by increasing sleep deprivation.[7]

A correlation between clock shifts and increase in traffic accidents has been observed in both North America and the UK.[8] In 2018, the European Parliament, reviewing a possible abolition of DST, approved a more in-depth evaluation examining the disruption of the human body's circadian rhythms which provided evidence suggesting the existence of an association between DST time-shifts and a modest increase of occurrence of acute heart attack, especially in the first week after the spring shift.[9] Clock shifts were found to increase the risk of heart attack by 10 percent,[10] and to disrupt sleep and reduce its efficiency.[11] Effects on seasonal adaptation of the circadian rhythm can be severe and last for weeks.[12]

There's also concern for schoolchildren who are out in the darkness during the morning due to late sunrises.[4]

For these scientifically and medically proven reasons (and many more, but I think I've made my point with these references), I ask you proceed with SB 1548.

REFERENCES

[1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7302868>

[2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7954020>

[3] <https://doi.org/10.1177%2F0748730419854197>

[4]

<https://web.archive.org/web/20140313140334/http://news.nationalgeographic.com/news/2013/11/131101-when-does-daylight-savings-time-end-november-3-science/>

[5] <https://doi.org/10.1016%2Fj.cub.2019.12.045>

[6] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9263509>

[7] <https://doi.org/10.1257%2Fapp.20140100>

[8] [https://www.cell.com/current-biology/fulltext/S0960-9822\(19\)31678-1?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS0960982219316781%3Fshowall%3Dtrue](https://www.cell.com/current-biology/fulltext/S0960-9822(19)31678-1?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS0960982219316781%3Fshowall%3Dtrue)

[9] <https://doi.org/10.1007%2Fs11739-018-1900-4>

[10]

<https://web.archive.org/web/20140313140334/http://news.nationalgeographic.com/news/2013/11/131101-when-does-daylight-savings-time-end-november-3-science/>

[11] <https://doi.org/10.1186%2F1472-6793-8-3>

[12] <https://doi.org/10.1076%2Fbrhm.34.2.145.14494>

<https://pure.rug.nl/ws/files/6711968/2007CurrBiolKantermann.pdf>