

Submitter: Jens Cristian Hering

On Behalf
Of:

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

Measure: SB1548

Honorable Members of the Committee,

I am writing to express my strong support for SB-1548, which advocates for the adoption of permanent Pacific Standard Time (UTC-8) in the state of Oregon. As a lifelong resident of the neighboring state of California, I believe this legislation represents a crucial step towards ending the disruptive and unnecessary practice of biannual time changes.

One of the primary reasons for my support of SB-1548 is the overwhelming evidence highlighting the benefits of maintaining Standard Time year-round, particularly in relation to public health and well-being. Numerous studies have consistently demonstrated the importance of morning light exposure for human health, particularly in mitigating the effects of Seasonal Affective Disorder (SAD) and promoting overall mental and physical well-being. I would like to draw your attention to the peer-reviewed medical journal paper conducted by Dr. Alfred J. Lewy and his colleagues in 1998 titled "Morning vs Evening Light Treatment of Patients With Winter Depression", which underscored the critical role of morning light in regulating circadian rhythms and alleviating symptoms of SAD. This study, along with countless others, provides compelling evidence that aligning our clocks with the biorhythmic cue of morning daylight, as Standard Time abundantly provides, is essential for maintaining optimal health and productivity.

Furthermore, the passage of SB-1548 aligns with broader efforts in the West Coast region to transition to permanent Standard Time. California, my home state, has already taken significant steps towards this goal with the introduction of AB-1776 in the 2024 legislative session, authored by Asm. Tri Ta. By joining together in a regional pact, Oregon can contribute to a unified and politically viable approach that will not only benefit our respective states but also set a precedent for the nation as a whole.

It is worth noting that the implementation of permanent Standard Time is federally pre-approved under 15 USC 260a, providing states with the legal framework necessary to enact this change. By seizing this opportunity, Oregon has the chance to lead by example and champion a common-sense solution to a problem that affects millions of Americans each year.

In conclusion, I urge you to support and pass SB-1548 and prioritize the adoption of

permanent Standard Time in Oregon. By doing so, we can protect the health and well-being of citizens, promote economic stability, and pave the way for a more harmonious relationship with the natural rhythms of seasonal photoperiods and daylight throughout the year.

Sincerely,
Jens Cristian Hering