

Submitter: Matthew Steen

On Behalf  
Of:

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

Measure: SB1548

I strongly support SB 1548 as the best choice for ending biannual clock changes because it's better for Oregonian's health and safety. Permanent Standard Time is supported by a large body of research and by physicians (American Medical Association, American Academy of Pediatrics), teachers (National PTA), and many other organizations.

The alternative, permanent Daylight Saving Time, would be worse than keeping clock changes. The US tried it in 1974 and it was repealed early after public outcries about the late winter sunrises, which is an important detail that most of us forget. Many of us are used to and enjoy the late summer sunsets, myself included. However, early morning light is more important than later evening light because of its effects on our biology (circadian rhythm). Early morning light is beneficial to all of us, whereas later evening light only benefits a few and often just the economic interests of specific industries. Permanent Daylight Saving Time requires Federal approval, while permanent Standard Time does not.