

Submitter: JL McClellan

On Behalf Of: Self

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

Measure: SB1548

I live in Precinct 4802.

In spite of the complaints from people who like an extra hour of daylight in the summer time, PST is the right way to go. Daylight time is a drain on working people who do not have air conditioning; trust me, I was one of them for years. Under Daylight Time, it is an hour later, clock time -- which governs our business lives -- before it cools down enough to get to sleep, and you have to get up while it is still cool enough for restful sleep. And sleep disruption is responsible for a lot of preventable health costs, reduced productivity and increased accidents.

Daylight Time is popular with those sufficiently well off to afford air conditioning. It is less of a benison to those who can't.

This is a drum I have been beating since I lived in Pasadena and had to get up at 5:00 AM to get to work. Barbecue time in the evening is nice, but sleep is important.