

Submitter: William Burt

On Behalf
Of:

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

Measure: SB1548

To the Committee:

I strongly support SB 1548. This bill is the best chance we have to live without the twice-yearly, government-mandated Changing of the Clocks. For me, changing all the timepieces in our home isn't just a dreaded nuisance; it's a health issue. I always fall ill to some virus or another around these time changes. Always. Scientific research corroborates my experience: When our circadian rhythm is disrupted, the health consequences can be severe. According to the AARP, Daylight saving time takes a toll on your heart. One study found a 274 percent increase in heart attacks on the Monday after daylight saving time starts.

In addition, the number of people hospitalized with atrial fibrillation, or A-fib — the most common type of irregular heartbeat — surges in the days following the spring time change, according to a 2020 analysis of 6,7089 patient admissions at Montefiore Medical Center in New York. But the fall time change is also deleterious. A 2019 meta-analysis of seven studies published in the Journal of Clinical Medicine found a higher risk of heart attacks in the two weeks after both the spring and fall transitions. Another study found the risk of stroke is 8 percent higher on the two days following the spring and the fall time change.

And this doesn't include all the other negative effects of sleep deprivation, such as falling asleep at the wheel. (A 2020 study that examined vehicle accident data over a ten-year period found a six percent increase in fatal car crashes in the week after people reset their clocks in the spring.)

In short, people need time-consistency in order to function properly. Please give our weary bodies a break and pass SB 1548 out of committee.

Thank you!

Sincerely,

William Burt
Aurora, OR