

Dear Chair Manning, Vice Chair Thatcher, and members of the committee,

Please vote **YES** on Senate Bill 1548.

We spend so much time individually trying to optimize our sleep, by putting away screens ever longer before bed, or by simply counting sheep. By ending daylight savings time, SB 1548 can, in one fell swoop, vastly improve the quality of most Oregonians' sleep.

The transitions between standard and daylight savings time draw the most ire, but the real long-term threat to our health and well-being is daylight savings. Standard time is [far better for us](#). By aligning the sunrise with the generic work schedule, we are naturally awakened, instead of being left groggy all day by rising in the darkness. Yes, we are trading away the hour of sunlight during typical leisure hours. In return, we can fully participate in, and enjoy, the rest of our days.

Sincerely,  
Andrew Ducharme

PhD Candidate, McMorran Lab  
Member, Graduate Teaching Fellows Federation (GTFF), AFT Local 3544