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On Behalf  
Of:

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

Measure: SB1548

Being extremely sensitive to light while sleeping, staying at standard time would severely be distributed to my sleep. Having the light so early in the morning would be detrimental to my health and sleep pattern. I feel keeping spring forward time would be more beneficial for healthy sleep patterns, a healthy life style, give more energy, motivation and happiness.

Monmouth University poll found 61% of Americans would stop changing time twice a year, of whom 44% would keep DST and 13% would stay on standard time all year. Day light savings provides better safety for drivers and pedestrians. DLS is great for the economy. Later daylight means more people shopping after work. DLS promotes more activities and healthy lifestyle.

It's already dark in Oregon. Let's make it brighter by keeping the lights on later in the day please. Thank you.