

Submitter: Alice Jacobs

On Behalf
Of:

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

Measure: SB1548

Standard time is beneficial to our physical and mental health. Many people go into a seasonal depression in March when going back to waking up in the dark. My children are now able to wake up easier for school. Going back to dark in March is hard. It is scientifically better for our circadian rhythms to have earlier light. Let's stick to standard forever!