

Submitter: Summer Blackhorse

On Behalf
Of:

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

Measure: SB1548

Senators -

Please abolish the annual daylight savings time (DST) change. It is unnecessary and disruptive to people's lives, bad for business and a nightmare for school schedules. DLS disrupts physical and mental health by increasing cortisol and anxiety and increases the risk of stroke or heart attack. Further, it disrupts sleep schedules for weeks, creating sleep deprivation and anxiety in children, adults, and animals.

Additionally, it raises transportation fatalities significantly by ~ 9% across the United States. Finally, businesses do not benefit from the time change. For example, DLS increases spending by 0.9% per capita at the beginning of DST (Los Angeles) but is reduced 3.5% at the end of DST (money.com -daylight-saving-time-impact-spending-economy-business).

By abolishing DLS, the State of Oregon would benefit significantly through reduced stress, increased business in the fall, and reduced traffic fatalities (which also supports Vision Zero).

Thank you,
S. Blackhorse