

Submitter: Christy Marchant

On Behalf
Of:

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

Measure: SB1548

To our state legislators considering:
Standard Time – Senate Bill 1548

I was disappointed last year when the US Senate, supported by our US senators, passed the “Sunshine Protection Act which would make daylight savings time permanent. I had written to both of them and our congressional representative prior to all of that letting them know my desire for getting rid of “the change” but that it should be to standard time all year rather than daylight savings time. This is primarily because for much of our winter, and certainly many northern states across the country, that means darkness until nearly 0900 every morning. For me that is a very depressing thought. It turns out that is also supported by science of which I’m sure you’re aware. Daylight savings time has been shown to have negative effects on mood, health, and accidents to name a few. Below is a statement from the AACM and a link to their paper. There are other studies out there.

I am writing to you now to say thank you for bringing this bill to the state along with California, Washington, and Idaho to support a switch to permanent standard time. I hope you bring all the science to this discussion and if there is any way at all you think I could help support this I am happy to do so. I am a nurse.

Thank you.

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An American Academy of Sleep Medicine (AASM) position statement
Position

It is the position of the AASM that the United States should eliminate seasonal time changes in favor of permanent standard time (ST), which aligns best with human circadian biology. Evidence supports the distinct benefits of ST for health and safety, while also underscoring the potential harms that result from seasonal time changes to and from daylight saving time (DST).

Citation

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for health and safety: an American Academy of Sleep Medicine position statement
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