

Submitter: Heather Johnson

On Behalf  
Of:

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

Measure: SB1548

Hello,

I am so very glad to see that the State of Oregon is considering staying on Standard Time. I have struggled with the time change my entire life. A couple years ago when I began to hear about the dramatic impacts this has on major health problems in the general public (in other words, it affected everyone, not just me), I made a personal decision to not change my clock with everyone else.

This has been challenging in my household, as my husband supports me, but keeps time with the time changes (in other words, for half the year we have two time zones in our house).

The benefits for me have been tremendous. My sleep patterns remain consistent throughout the year. My energy levels remain more balanced with consistent meal times. My activities and the rhythms of my day are more in sync with the seasonal changes. I am more aware of the increasing amount of daylight as we move into summer, and the increase in my energy and activity. The first year I didn't change my clock, I was actually quite surprised at how early the sun rose in summer! As the amount of daylight gradually declines as we head toward fall, I notice this long before the artificial time change; my body and activities begin to slow gradually, and I am able to more gracefully welcome the darker and quieter period of the year. This contrasts sharply with when I was changing my clock with the time changes; I was not nearly as tuned into the seasonal cycles, and as a result, the clock change in the fall felt incredibly abrupt, like a door slamming summer shut, and suddenly the days were dark. I hadn't gradually slowed down (hadn't slowed down at all!), became exhausted, but since all other rhythms in my life were the same, I would continue to push myself as if it were still the peak of summer, rather than responding with a shift of focus that the seasonal changes call us toward. It was a jolt to the system. An unpleasant and difficult one. One that I gave up a couple years ago, and I am so glad that I did.

Whether or not the state decides to stop the artificial clock changes, I will continue to remain on Standard Time myself. It is my hope that the state will choose to stop switching to Daylight Savings Time (which doesn't "save" anything anyway), and I believe it will create conditions for all of us to get back into sync with the natural rhythms of the cyclical seasons.

My husband would also thank you, as it would simply our communication! :-)

Thank you for considering my voice in your decision.