

Submitter: Jennifer Cooper

On Behalf
Of:

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

Measure: SB1548

I support the abolishment of day light saving time in the Pacific Time Zone of Oregon. The disruption to our Circadian rythm is well documented. I personally have experienced long periods of adjustment each time we 'Spring Forward'. I have watched my 3 children struggle greatly to adjust each year, and now my grandchildren as well. Several of us are on the Spectrum. We thrive with consistency, patterns, and suffer, some times greatly, with disruptions. It is an unnecessary disruption not only to our natural rythm, also to our routines. It is like living in a snow globe, where work, school, responsibilities are affixed, and the people are free standing like the still snow. All at peace until day light saving time shakes the snow globe swiftly and we all tumble about, adrift while we attempt to maintain those affixed responsibilities. It takes work, time, and focused effort to get our feet back on the ground and moving in the right direction. Why would we continue to allow the jarring disruption over and over when there is no necessary reason to do so? We would save time, increase productivity, and increase our overall mental, physical, and emotional health and well being if we abolish daylight saving time. Thank you for your time and consideration.