

Submitter: Gale Hess

On Behalf
Of:

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

Measure: SB1548

Please stop changing our time from daylight savings to standard time and back again every year. Five years ago I moved from a state that did not change the clocks twice a year and I greatly miss the stable time. This switch back and forth has a much bigger effect on people than we might think, causing at least a loss of sleep while our circadian rhythm tries to adjust to the change. Thank you.