

Submitter: Diane Bauer

On Behalf  
Of:

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

Measure: SB1548

I support SB 1548.

It will improve the quality of life and save lives.

As Matthew Walker, PhD, professor of neuroscience and psychology at UC Berkeley, and author of NY Times bestseller "Why We Sleep" states:

"In the Northern Hemisphere, the switch to daylight savings time in March results in most people losing an hour of sleep opportunity. Should you tabulate millions of daily hospital records, as researchers have done, you discover that this seemingly trivial sleep reduction comes with a frightening spike in heart attacks the following day."

So let's stop doing this!

We know that US law allows it to become year around Standard Time if a state decides to do that, and if we wanted year around Daylight time, we'd need Congress to enact that. We've waited too long for that already.

Additionally, most sleep experts prefer Standard time, it's better for the body's natural sleep rhythms.

This is a great opportunity to provide relief for a problem everyone is forced to deal with. Clock changing is stressful, people can be groggy, short-tempered and make more mistakes, sometimes behind the wheel. If you are concerned that many people prefer all Daylight time, consider that either way, a lot of people will be glad, and a lot will be mad. So, you might as well go with the science and the opportunity at hand. If opponents want to switch to all Daylight time, they can go through Congress and, you know, "good luck with that."