

Submitter: Dana Bauer

On Behalf
Of:

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

Measure: SB1548

I hope the committee will realize that changing the clocks for the infantile purpose pretending it provides more daylight hours is not only idiotic, but negatively impacts health. Please see the following:

<https://www.aarp.org/health/healthy-living/info-2022/daylight-saving-time-and-your-body.html>

From my perspective negative impacts on health, or even causing strokes and heart attacks, far outweigh any desire for more daylight in the evening to shop or play games. Frankly, with work schedules becoming more flexible, people who like to pretend that there are more hours of daylight can go to work earlier.

Please so your part to end the dangerous practice of changing clocks twice per year

Thanks

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