

Submitter: Megan England  
On Behalf Of:  
Committee: Senate Committee On Rules  
Measure: SB1548

Dear Committee,

I am writing to share my support for SB 1548 and Oregon's adoption of year-round, Standard Time. I support the switch to Standard Time without coordinating with other states, because I think that a lot of Oregon's residents support this change. I understand the hesitations of some of the Senators who are thinking about the logistics of being in a different time zone than other West Coast states. However, I think that there would be growing momentum in other states to also switch to Standard Time, if they see Oregon taking action in this area. I have many family and friends who work with and are in contact with people in other states, and sometimes in other countries; they seem to work around time differences all right. If the Senate body does not feel it can support the bill as it is currently written, I hope that this Committee can find a way to amend the language of this bill to make it more likely to pass. One example that I might support would be a trigger clause that would have this bill go into effect if at least one other state in the Pacific time zone also opted to switch to Standard Time.

I am a mom to three, and I think that for my kids and for other children in the community, there would be an immediate benefit to not having to change the clocks back and forth two times a year. There is a longstanding joke among a lot of the parents that I know that, "there's no such thing as Daylight Savings Time for kids," meaning that our kids wake up at the times that they are used to waking up regardless of what the clock says (the same is true for pets and livestock). We all ask each Daylight Savings Time, "Is this the bad change or the good change?" and we count on our fingers to try to figure out what time it "really" is. I've done this all my life and taken for granted that this is just the way things are, but I have really become interested in this bill and have gotten excited about what a consistent, year-round time could mean.

I would really welcome the earlier daylight that we would receive in the Spring and Summer if we opted out of Daylight Savings Time and adopted permanent Standard Time. I think that right now a lot of people are considering how our health is linked to our daily routines, and there's a decent body of evidence that our exposure to light first thing in the morning can have a strong, positive effect on our moods, energy levels, and general wellbeing. Although routines differ from person to person, I think that overall Oregon residents would benefit from having their sleep more aligned with Standard Time and the natural movement of the sun. It would not cost anything to adopt, and in the long run it might save the state money if it reduces things like

workplace and car accidents, as well as heart attacks and other health conditions that are influenced by the stress of time changes.

I think that in the future, we will see more states shifting to Standard Time. It would eliminate the time changes each year, it could bring positive health benefits, and it is not budget-dependent. It disheartens me to think that changing our clocks back and forth each year is something that is almost universally grumbled about, but that when it comes down to it, no one can change it. I think that many people in Oregon are ready to make this change. I hope that this bill can return to the Senate for another vote, and that the members of this committee will do what they can to support it.

Thank you for your consideration,  
Megan England  
Springfield, Oregon