

Submitter: Manny Handy
On Behalf Of: Literal common sense
Committee: Senate Committee On Rules
Measure: SB1548

Hello there Oregon committee!

I am from California and I went to college in Connecticut, and I am from California pretty much. Let me tell you that:

This legislation is HORRIBLE! Just because some sleep experts favor standard time, doesn't mean we need to do that! They don't even have any legislative power, which is why you need to ignore the sleep experts! They don't have good evidence of standard time improving our sleep.

Yes, bright mornings do wake us up, but during the winter, we spend most of our time inside. We can turn on lights inside our house to wake us up in the winter. The sun rises early enough in the summer under DST, so it will be fine. We already passed Permanent DST in 2019. Yes, only the senate has acted, but why are we pushing this?? 4:30 AM sunrises are a WASTE of daylight in the summer. We DO NOT want that!

Also, there is evidence that standard time's darker evenings are more dangerous. Steve Calandrillo testified on Tuesday, and he mentioned how dark evenings are more dangerous than dark mornings. A meta study by Rutgers researchers even showed that 343 lives per year can be saved under permanent DST, and permanent standard time would do the opposite. 4:30 AM sunrise will NOT benefit anybody, if anything it'll make our summers worse because darkness comes an hour earlier, and that's several months of evening sunlight down the drain. It doesn't even get super warm on the west coast in the summer, we do NOT want cooler evenings.

Next, standard time will make the economy worse because no businesses open at 4:30 AM. However, a lot of them are open at 8-9 pm, and that's where the sunlight SHOULD be.

I am begging you to ignore Save Standard Time, American Academy of Sleep Medicine, Jay Pea, Karin Johnson, and the sleep experts' advice for permanent standard time! They spread pseudoscience without recognizing the science for DST! They don't want to know the benefits because they ONLY want their preference. Instead, we should listen to the REAL experts like Steve Calandrillo, who recognizes that are some downsides to DST, such as an extra hour of darkness in the morning. To fix that problem, let's start school and work later. Nobody likes to wake up at 6 AM anyways.

PLEASE DON'T go through with this bill! Nobody wants a 4:30 AM sunrise in the summer, nobody wants an hour earlier sunset for an extra 240 days, nobody wants to drive home in the pitch black, and everyone would especially hate being 2 hours behind the mountain time zone of Oregon, being 3 hours behind the central time states, and 4 hours behind the eastern time states! Three out of five people who originally voted yes on the bill passing out of committee changed their mind when they voted on the senate floor today! I am so glad they learned from their mistake! This bill was rushed, they didn't have time to carefully look and examine the bill. Thatcher convinced them to just vote yes. They decided to follow pseudoscience and rush the bill. Take a more careful look the next time you guys have an executive session! Please do not go through with this bill! Thank you!