

Submitter: Natalie Robison  
On Behalf Of:  
Committee: Senate Committee On Rules  
Measure: SB1548

My name is Natalie Robison and I am a senior at Portland State University, pursuing neuroscience. I'm not here today as a student, though. I am here as an individual with a delayed-onset circadian rhythm. Sleep as a biological process cannot be controlled, only influenced, and the best prescription for sleep health is consistency. My brain's natural bed-time is 7:00 A.M., and I speak in support of abolishing the dreaded daylight savings shift.

For those like myself with abnormal circadian rhythms, the adoption of permanent standard time enables more effective treatment because it unifies the timing of other hormonal processes throughout the day and night.

Instead, in one week I will begin my twice-yearly transition phase. I'll offset my schedule of light therapy and medications in small increments around the time change, at risk of weeks of reduced sleep quality and a struggle to maintain my performance as I prepare to graduate.

I speak for adolescents who naturally share my position in their development, but who may lack the tools to address it. I appreciate your time and consideration of the abolition of daylight savings time in Oregon, and the adoption of permanent standard time, a change in our time system that I look forward to.