

Submitter: Amalia Sletmoe
On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1548

I am writing today in favor of Senate Bill 1548. As an occupational therapy student, I believe there are significant reasons to abolish Day Light Saving Time.

On March 10th, the last day of this congressional session, we will once again change our clocks forward to DST. For many folks that change means an hour of sleep lost and a couple days of grogginess. However, for many elderly people, it means remembering how to change their clocks and disorientation. On March 10th, I will go around the home of an elderly woman in my care and change all her clocks. Then in the days that follow I will try to help ease her anxiety about the sudden changes that feel unnatural. Meanwhile, I will once again be dragging myself out of bed in the dark, defying my body's natural circadian rhythm. However, we will not be the only people struggling. Although many people think more evening daylight will increase their happiness, getting the morning light in our eyes before starting the day has larger implications on mental health. There is evidence available showing that these changes in time, though seemingly minor, have large impacts on the health and safety of the people in our communities, such as an increased risk of stroke and heart attack as well as implications for mental health (1).

When you have the opportunity, I hope you will vote yes for the health and safety of our communities. I will be attending an occupational therapy advocacy event on Wednesday, February 28th, and am available to meet between 2 and 3 pm to discuss this issue further and why it is important to me as a future occupational therapist.

(1) Johns Hopkins Bloomberg School of Public Health, 2023. 7 things to know about daylight saving time. <https://publichealth.jhu.edu/2023/7-things-to-know-about-daylight-saving-time#:~:text=Making%20the%20shift%20can%20increase,a%20professor%20in%20Mental%20Health.>