

Submitter: Samrid Aryal
On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1548

Dear Honorable Members of the Oregon Senate,

I am writing to express my strong support for the proposed bill that seeks to abolish the annual one-hour change from standard time to daylight saving time (DST) for the part of the state located in the Pacific Time Zone, thereby maintaining standard time throughout the year. This change represents a significant step forward in aligning our state's timekeeping practices with the well-being of its citizens, the efficiency of our economy, and the safety of our communities.

Health and Well-being

Extensive research has demonstrated that the biannual time change disrupts human circadian rhythms, leading to adverse health outcomes. These include increased risks for heart attack, stroke, and mental health issues such as depression. By eliminating the shift to daylight saving time, Oregonians will benefit from a more consistent sleep schedule, improving overall public health.

Economic Efficiency

The practice of changing the clock has been shown to offer minimal, if any, energy savings in the modern era. Instead, it often leads to decreased productivity due to the adjustment period required by the workforce. A permanent switch to standard time could potentially enhance economic efficiency by stabilizing work schedules and reducing the health-related costs associated with the time change.

Safety

Studies have also found that the weeks following the spring transition to DST see a spike in accidents, including traffic collisions, due to the sudden change in light conditions and sleep disruption. Keeping standard time year-round will contribute to reducing these risks, making our roads safer for everyone.

Public Support

Public sentiment has been increasingly in favor of ending the practice of switching between standard time and daylight saving time. Citizens value stability in their daily routines, and the benefits of maintaining a consistent time throughout the year are clear and manifold.

In conclusion, the adoption of this bill will align Oregon with a growing consensus that the practice of changing the clock is outdated and detrimental to our society's health, safety, and economic well-being. I urge the esteemed members of the Oregon Senate to support this bill, thereby taking a stand for the welfare of all Oregonians.

Thank you for considering my testimony in support of this important bill.