

Submitter: Benjamin Nethongkome
On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1548

Dear Senate committee,

I am writing to strongly advocate for the immediate abolition of daylight saving time (DST) in Oregon. It's time for our state to join the progressive movement sweeping across the Pacific Northwest (PNW) by aligning with neighboring states and putting an end to this outdated and disruptive practice.

DST has long outlived its usefulness and now serves only to wreak havoc on our daily lives. The biannual clock changes are a relic of a bygone era and no longer have any tangible benefits for modern society. Instead, they disrupt our sleep patterns, compromise our health, and create unnecessary confusion and inconvenience.

Numerous studies have highlighted the detrimental effects of DST on public health and safety. The abrupt shift in time disrupts our circadian rhythms, leading to increased rates of heart attacks, strokes, and other cardiovascular issues. Moreover, the associated sleep deprivation contributes to higher rates of accidents on our roads and in our workplaces, putting lives at risk.

Beyond the health implications, DST also imposes significant economic costs on our state. The productivity losses stemming from disrupted sleep patterns and decreased workplace efficiency far outweigh any perceived benefits. Additionally, the inconsistency in timekeeping between Oregon and neighboring states complicates interstate commerce, hindering our economic growth and competitiveness.

It's time for Oregon to take a stand and prioritize the well-being and prosperity of its residents over antiquated traditions. By abolishing DST and adopting a consistent timekeeping system year-round, we can improve public health, enhance productivity, and streamline interstate coordination.

I urge you to support the abolition of daylight saving time in Oregon without delay. Let's lead the way in the PNW by embracing progress and leaving the burdens of DST behind us.

Sincerely,
Benjamin Nethongkome