

Submitter: Daniel Stuart
On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1548

I oppose a switch to permanent standard time. This is a much more simple problem when considered at a high level. Ultimately, decisions on how we should treat time come down to an optimization problem. How do we optimize time so that the most waking hours are spent in daylight. Most other factors fall out of that. For this let's consider "civil twilight" when it's effectively light out. I live in Portland, so I will illustrate times for that. There are three options:

- 1) Permanent standard time:
 - *7:16am - 5:11pm in the winter
 - *3:43am - 8:40pm in the winter
- 2) Permanent daylight time
 - *8:16am - 6:11pm in the winter
 - *4:43am - 9:40pm in the winter
- 3) The current system that switches between the two
 - *7:16am - 5:11pm in the winter
 - *4:43am - 9:40pm in the winter

*source for data: <https://www.timeanddate.com/sun/usa/portland-or>

Most people wake up around 6:30pm and go to sleep after 10pm. The current system best optimizes daylight for waking hours, followed by permanent daylight saving time, while permanent standard time does a poor job of capturing waking hours with daylight.

Please vote for common sense and vote against this measure. The best system is one that has daylight when people are awake, which is not standard time with light starting at 3:43am in the summer.

Thank you,

Daniel Stuart