

Submitter: Sandeep Kumar
On Behalf Of: Myself and my patientss
Committee: Senate Committee On Rules
Measure: SB1548

I am Mental Health provider in Oregon and I am staunchly against a move to permanent Standard time. If I could change anything, I'd have Daylight Savings start the second Sunday of February, rather than the Second Sunday in March. While I have a slight preference for all year-Daylight Saving Time, I'm more or less equal in supportive of the time change to have it be light out at 7:45am during the winter, but this is only needed for a few weeks. The only thing I'm viscerally against is permanent Standard Time.

I think the amendment to bill 1548 that would require CA and WA to switch to Standard Time before triggering the switch probably saves Oregon from a mildly catastrophic event. Oregon would be 4 hours behind NY and the East Coast for 8 months of the year. While Oregon might not have a great business acumen, WA and CA do, and they are more likely to understand that interstate business with NY, and Wall Street in particular, would no longer be as feasible under Standard time.

As for the health impacts of being on Standard time, they are numerous. To start, many on my caseload suffer from Seasonal Affective Disorder (SAD), myself included. The second Sunday in March is my favorite day of the year after my birthday as I suddenly get an extra evening hour of daylight. I'm never going to be up at 5am to capture that daylight, so that sunlight goes to waste. In the summer months having the sun rise at 4:21am is practically a crime against society!

I do see a decrease in my caseload in March and April with the sunsets become later. People I see weekly during the darker months begin to taper off to their bi-weekly rhythm as the extra sunlight helps them cope. It's telling that the only states on permanent standard time are AZ and HI, both are much closer to the equator than Oregon, which sits at the 45th parallel.

The other aspect of mental health is that kids can suddenly play sports in the evenings. My son's baseball practice starts 3/11, the day after the time change. Parents are able to attend games that run from 5:30-7:30 outdoors in Portland, where lighted fields are very limited, starting 4/1. Without daylight saving time, we wouldn't get a day where that is possible until 5/10.

I get the switch to standard was intended to avoid the inconvenience of the time shift, but there's a real lack of understanding the vast consequences of this. We have somehow forgotten that we don't live in a bubble in which what is outside the state and region can be simply ignored. We can't expect the other states to accommodate

us and our poorly thought out plans. It's not how it works and Oregon needs to start to break this bad habit of poorly-thought out policies that no other state is doing. I'm relieved this bill will likely never get implemented, but I wish the legislature would spend time on increasing mental health funding, education, and homeless services rather than revisiting a law that was recently passed in Oregon and WA an CA in 2019. Thank you!