

Submitter: Jerald Boyd  
On Behalf Of:  
Committee: Senate Committee On Rules  
Measure: SB1548

The following are valid reasons for staying on Standard Time on permeate bases.

shock to the body's circadian rhythm!

Arizona (except the Navajo region), Hawaii, and the overseas territories of the United States don't observe DST

its negative health risks have been established for years. It has become so contested that Arizona (except the Navajo region), Hawaii, and the overseas territories of the United States don't observe DST

increase in stroke hospitalizations in the following two days

studies show effects lasting up to 10 weeks

suicide rates increase The one-hour shift due to daylight saving correlates with an increase in male suicide rates in the weeks after summer time

takes effect in March, so do injuries at work

The rate of heart attacks significantly increased in the first three weekdays after the spring transition

Car crashes are more common Getting even an hour less sleep in the fall when we turn the clocks back has been linked to an increase in traffic accident rates

The transition from DST to standard time was linked to an 11% increase in depressive episodes that lasted for about 10 weeks

The quality of a person's sleep is affected just as the quantity is. The body's natural rhythm is disturbed, and people end up waking several times throughout the night for up to a week after DST takes effect in March. The cumulative effect of five consecutive days of waking up earlier as a result of the fall change amounts to a net loss of sleep throughout the week, according to a review in the Sleep Medicine Reviews journal.

significant increase in the number of accidents on the Sunday of the shift back to standard time

a 10% increase in the average number of crashes in the late afternoon up to two weeks after DST ends.

deterioration in happiness levels in the first week following the beginning of summer time. The negative effects were particularly strong, according to the study, among people with young children at home.

I urge our legislators to pass legislation placing Oregon on Standard Time on a permanent basis.