

Submitter: Margo Huntsman
On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1548

I am full support of ditching the switching of our clocks each Spring and Fall and sticking 100% to Pacific Standard Time in Oregon.

The time change related to Daylight Savings time totally throws my system off both sleep wise and blood pressure. My circadian rhythm ends up being totally out of wack for weeks on end. My system never catches up due to the change until we are switched back to Standard time in the Fall.

As a nurse I know the effects on others health as well. All the scientific data supports sticking with our natural body time clocks, and for Oregonian's that is staying with Pacific Standard Time permanently.

Please pass this legislation, so Oregon can stick with Pacific Standard Time once California and Washington do the same. We can't rely on Congress to do anything, so this is the best and greatest choice for Oregon.