

Submitter: Jessica Dietch

On Behalf
Of:

Committee: Senate Committee On Veterans, Emergency Management, Federal
and World Affairs

Measure: SB1548

Dear Honorable Legislators,

As a sleep and circadian scientist, I am delighted to see this bill in Oregon. I urge you to vote yes on SB 1548 for a variety of reasons. First, in accordance with the position statement by the Society for Research on Biological Rhythms (view here: <https://journals.sagepub.com/doi/full/10.1177/0748730419854197>), the approval of this bill would be an enormous step towards improve the health, safety, and wellbeing of Oregon residents. In particular, "locking the clock" to standard time will have benefits for schoolchildren, older adults, people with sleep and health problems, commuters, and outdoor laborers. Second, this change would avoid repeating the 1974 permanent DST disaster, and make a change that would benefit the people of Oregon, rather than the corporations. Thank you very much for your important work on this issue.

Jessee Dietch, PhD