

Submitter: Kevin Houser

On Behalf  
Of:

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

Measure: SB1548

Dear Honorable Legislators,

I am writing in support of Oregon Senate Bill 1548, which would end the practice of Daylight Saving Time in Oregon. This bill would lock the state into permanent Standard Time, which is important for realizing the full benefits compared to permanent Daylight Saving Time. Here are several reasons why Standard Time is preferable:

**Health:** Research shows the spring DST transition disrupts circadian rhythms. Permanent Standard Time synchronizes clocks to solar time, avoiding biannual disruptions that impact health. Permanent DST would misalign clock and solar time in the winter.

**Safety:** The DST spring transition increases accidents/injuries from sleep loss. Standard Time avoids this and aligns clock time with solar time year-round for better sleep and alertness. Permanent DST misaligns clock and solar time in the mornings.

**Energy savings:** Despite original rationale, studies show minimal or no energy savings from DST. Any benefits are outweighed by negatives. Standard Time synchronizes with solar patterns.

**Consistency:** DST creates confusion around schedules. Standard Time avoids biannual changes and keeps clock time consistent with solar time.

**Children:** DST transitions disrupt children's biological rhythms and learning. Standard Time provides consistency better aligned with their rhythms.

**Commerce:** Biannual DST transitions burden businesses with adjustment costs. Standard Time eliminates disruptions and aligns with solar time.

For a detailed list of expert consensus statements, scientific studies, and other resources in support of permanent Standard Time, you are invited to review the resources at: <https://savestandardtime.com/sources/>

I urge you to support this legislation to end Daylight Saving Time in favor of permanent Standard Time, which aligns clock time to solar time year-round. This will maximize the benefits for health, safety, consistency, and commerce in Oregon.

Please vote yes on SB 1548.

Sincerely,

Kevin Houser, PhD, PE (NE), FIES, LEED AP