

Submitter: Joyce Gudger

On Behalf Of: SB1548

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

Measure: SB1548

Dear Senator Thatcher,

Although I live in Eugene, I just had to write to thank you for introducing SB 1548.

At 76, I have noticed that Standard time is so much better for the way my body operates - it's amazing how much of a difference it makes.

The health benefits are supported by the American Medical Association and the American Academy of Sleep Medicine (see their report here: <https://www.ama-assn.org/delivering-care/public-health/sleep-doctors-orders-use-standard-time-365-days-year>).

Thank you so much, I'm hoping for success of the bill,

Joyce Gudger