

Submitter: Heather Inghram

On Behalf
Of:

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

Measure: SB1548

To Whom It May Concern:

Please find my support for the bill to abolish daylight savings time in Oregon. Since 2019, Oregonians have longed for a definitive answer on whether to move our clocks twice per year.

As a full-time working parent of two young children who manages people for her job!, daylight savings is unnecessary and a nuisance. Twice per year, the circadian rhythms and routines of my family and staff are disrupted. There were reasons for needing daylight savings time; with advances in technology, those reasons are no longer valid.

The science shows that biologically, daylight savings time interferes with our body's natural sleep/wake patterns. After COVID, we've all seen how important mental health is to our overall wellbeing and productivity. Abolishing DST would support our natural sleep patterns and overall health.

Thank you for your consideration.

Sincerely,
Heather Inghram
Ashland, Oregon