

Submitter: Kent Cline

On Behalf
Of:

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

Measure: SB1548

To the Honorable Members of the Senate Committee on Veterans, Emergency
Management, Federal and World Affairs,

As a lifelong citizen of Oregon, I fully support the bill to abolish the annual change from standard to daylight savings time. Not only is this change costly, but there is a great deal of peer-reviewed research that suggests that staying on standard time year-round has many health and social benefits.

According to the Sleep Foundation (<https://sleepfoundation.org>) "Studies have examined the impacts of standard time and daylight saving time on things like sleep, physical and mental health, car accidents, energy consumption, crime, economic activity, and school performance. After reviewing all of the evidence, groups of sleep experts like the American Academy of Sleep Medicine, the Sleep Research Society, and the Society for Research on Biological Rhythms have forcefully argued that the potential harmful health effects (of switching to daylight saving time) justify a policy of permanent standard time."

While there may be economic arguments in favor of year-round daylight saving time, or continuing to switch from standard time to daylight saving time, I believe that these arguments are far outweighed by the individual and societal benefits that could be realized by staying on standard time year-round.

Thank you for hearing my testimony and considering my opinion.

Respectfully,

Kent D. Cline
Warren, Oregon