

Submitter: Andrew Rogers

On Behalf
Of:

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

Measure: SB1548

I support SB 1548. I understand that SB 1548 will maintain Pacific Standard Time as the official permanent time zone for the state of Oregon year-round.

For me personally, the use of Pacific Daylight Time has been noticeably detrimental to my health.

The catastrophic event was a heart attack essentially triggered by the switch to Daylight Saving Time in 2018, which increased my stress of trying to get enough sleep to function effectively at my job. I am not alone in this. Several studies have shown that there is a consistent trend of heart attacks in the few weeks following the switch to DST. Mine was exactly one week after, and I feel very strongly that it was clearly associated with the time change.

An argument in favor of permanent DST would say that we would not have this hump of heart attacks because the clocks are no longer changing. While that is true, I can assure you that, at least for me, the stress of DST would simply be spread throughout the entire year. And I can tell you that for the several years preceding my heart attack, my stress was noticeably higher due to the months of DST.

Furthermore, consider things like school times for students. Studies have consistently shown, especially for high school, that later start times are conducive to improved learning. This is with most of the school year already on standard time. If we switch to permanent DST, will school times be shifted even later in the day?

There are many other environments where it has been shown that DST is detrimental to efficiency, productivity, health, etc. The arguments in favor of permanent DST strike me as short-sighted, without consideration of the whole health and functioning of society.

Please, I implore you, to fix Oregon to remain on permanent Pacific Standard Time.

thank you
Andrew Rogers
Sherwood, OR