

Submitter: Shaun OSullivan
On Behalf Of: Self
Committee: Senate Committee On Rules
Measure: SB1548

Pacific Standard time has always been my preference for time. The sun rising and setting naturally has always been a better fit. When the time comes for us to move our clocks forward to an artificial, 'fake' time standard is never fun and frankly the excessive daylight screws up my sleep schedule like crazy.

Pacific Standard Time works in other states, Arizona and Hawaii, its not like we have nothing to base it upon. Not to mention PST is scientifically proven to be better overall for the general health and wellness of society, especially for those who have sleep disorders, ADHD, chronic illness, etc. The parents who have kids that go to bed at their normal time but can't because the sun is still out also have a hard time changing up their sleep schedule.

Daylight Savings time is outdated and there is no other reason to keep doing it. I like the idea of Oregon leading by example and making Pacific Standard Time, as the name suggests, the STANDARD of time.

In a perfect world, this bill would be passed and become law BEFORE March 10th, 2024. We are currently operating on PST and it is already visible that the sun is staying out longer than it did in the previous winter months. As the year goes on, we will notice the sun stay out a little longer and longer. We don't need our clocks to change in order to make that happen, just let the sun do its thing naturally.

Please, let's have the relevant parts of Oregon be on Pacific Standard Time year-round!