

## **Testimony in favor of HB 1259**

Hi my name is Clare Burslem. I am testifying in favor of House Bill 1259. This is because permanent standard time is not only convenient, but healthier and safer. After looking into various studies, I found research showing that observing daylight savings is negative to the body's natural circadian rhythm. This is because daylight in the morning is significantly better at waking up the body naturally compared to dark mornings. Likewise, the delayed darkness in the evening makes it harder for the body to naturally fall asleep. (I got this research from the journal of clinical sleep medicine.)

When thinking about safety, permanent standard time allows for more light in the mornings which increases visibility for people driving, at bus stops, or walking. It is also safer for children going to school in the morning to have more light. Increased daylight in the morning also decreases car accidents because of better visibility. In addition, people tend to be more awake when it is lighter outside which reduces safety risks and incidents.

Because of all these reasons, it would be in the public's best interest to get rid of daylight savings and promote schedule consistency, sleep health, and safety with permanent standard time. Thank you for listening, and I stand for questions at this time.

**When answering questions: Chair, vice-chair, members of the committee, member who asked the question...**