

Noggin Oregon Senate Testimony in favor of Permanent Standard Time
KADI RAE SMITH: PSU Interdisciplinary Neuroscience Undergraduate, NW Noggin volunteer

Hi, I'm Kadi Rae, an artist and neuroscience student at Portland State University.

I'm also the Vice President of the Neuroscience Club and like many of us, I have ADHD. For neurodiverse people like myself, any change in our daily routine is challenging, but *especially* regarding sleep, which is vital for mental health management. We are heavily reliant on systems to function well, as our health (and *sanity*) are hinged on these daily regulations. Those of us with ADHD and Autism are like stick-shifts. What is automated for other people is manual for us, requiring constant regulation and know-how to keep from stalling out. Changes to our sleep patterns are very difficult to adjust to, and can kick-start or exacerbate depression and anxiety that are so often comorbid with neurodiversity, making the challenges we work through on a daily basis more difficult.

Thank you.

Kadi Rae Smith
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