

Noggin Oregon Senate Testimony in favor of Permanent Standard Time
KINDRA CRICK: Lessons from Legislative History

Thank you for inviting us. My name is Kindra Crick, I'm trained as a molecular biologist and currently make artwork and do outreach about sleep and memory. I also have three school age children. We need healthy sleep all year long to maintain a robust immune system, metabolic health, alertness and a positive mood.

I'm here to talk about what we might learn from history about aligning or misaligning our social clock with the sun.

Russia conducted an experiment on its entire population from 2011 to 2014. Before 2011, like Oregon, they had a biannual switch removing an hour of sleep with the acute consequences the week following the annual 'spring' forward where heart attacks and car accidents temporarily increase. In 2011, to remove the 'spring forward' and 'fall back', Russia permanently switched to Daylight Saving Time or what they called "permanent Summertime". In the depths of winter it was anything but! Waking up an hour earlier during the coldest and darkest time of the year robbed the entire population of the early morning sunlight that helps align our "body clock" with earth's "solar clock." The shift had negative influences on adolescents' sleep habits, moods and behavior, with the most pronounced effects on those living in Russia's northern latitudes. Citing health problems and a rise in early morning car accidents, in October 2014, Russia switched to permanent Standard Time and has been there for almost a decade.

We also need to learn from our own history. In 1973, the United States wanted to save electricity during the national energy crisis. Congress instituted a plan for 16 months of continuous Daylight Saving Time nationwide, starting in 1974. It was wildly unpopular and was cut short after just 10 months with school officials in Florida blaming the deaths of six children in the first month on their having to go to school in darkness. It did not have the promised energy savings.

Americans used to have their circadian rhythms aligned with the sun for eight more weeks. From 1976-1986 Daylight Saving Time started on the last Sunday in April. In 1987, Daylight Saving Time was from the first Sunday in April until the last Sunday in October.

In 2007 this was changed again, delaying sunrise for a longer portion of the year, changing the switch to the second Sunday in March and the first Sunday in November. These two changes decreased the duration of healthy Standard Time by about eight weeks from the mid-1970s.

Oregon needs to take the lead for its citizens' health and safety and switch to year-round Standard Time as supported by [organizations](#) such as the American Academy of Sleep Medicine, American Academy of Cardiovascular Sleep Medicine, the National Safety Council, National PTA. Hawaii and Arizona have been on Standard Time for over 50 years and Oregon can do the same today, without an act of Congress.

Kindra Crick, [Artist](#)