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RE: Senate Bill #6 – Repeal of Daylight Saving Time

SUBJECT: Testimony promoting and in favor of repealing Daylight Saving Time – (SB)6

My name is Peter O. Hansen, M.D. I have been a Family Physician, living and practicing in Kenai, Alaska for 48 years. I remember the wonderful times of getting up in the morning and going fishing, working in the garden, mowing the lawn or hiking, with the sun to my back prior to going to work. This was a time when 8:00 a.m. by the sun dial was 8:00 a.m. in Kenai; and the sun came up about 3:30 a.m. How great it was!

The majority of our working population goes to bed somewhere around 10:00 p.m. and gets up at 6:00 a.m. With summer daylight saving time and the State being primarily on one time zone, the sun sets a little after midnight and comes up about 5:30 a.m. Wouldn't it be nice if the sun set about 11:00 p.m. and came up at 4:30 a.m. (without Daylight Saving Time; saving one major time zone) so those wanting to fish, hike, garden, sip coffee on the deck could do this with a decent amount of sunlight warmth.

Commercial fishermen often have open fishing in summers from 6:00 a.m. to 6:00 p.m. Repeal of DST would give them an extra hour of sunshine and warmth in the morning as they are preparing to head out.

Physically speaking, our bodies grow up with a habit of circadian rhythm, which means we adapt to a pattern of periods of being awake and of sleep. Suddenly changing this in the spring and the fall of each year disturbs a number of people as has been shown by studies in Scandinavian countries.

In the heavily populated area of Alaska there is no understandable need for having DST. Newcomers to Alaska since 1967 and 1983, have never experienced how *good* life can be having an extra hour of sunlight in the morning.

The quality of life for the majority of us living in Alaska would be improved with repeal of Alaska daylight saving time.