



Daylight Savings Policy in State Legislatures

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Permanent Daylight Savings Time vs. Permanent Standard Time

Permanent Daylight Savings Time

- Moves the clock one hour ahead and keeps it there year round
- Would mean later sunsets in the evening for more of the year
- Under current federal law, states need congressional action before they can adopt permanent daylight savings

Permanent Standard Time

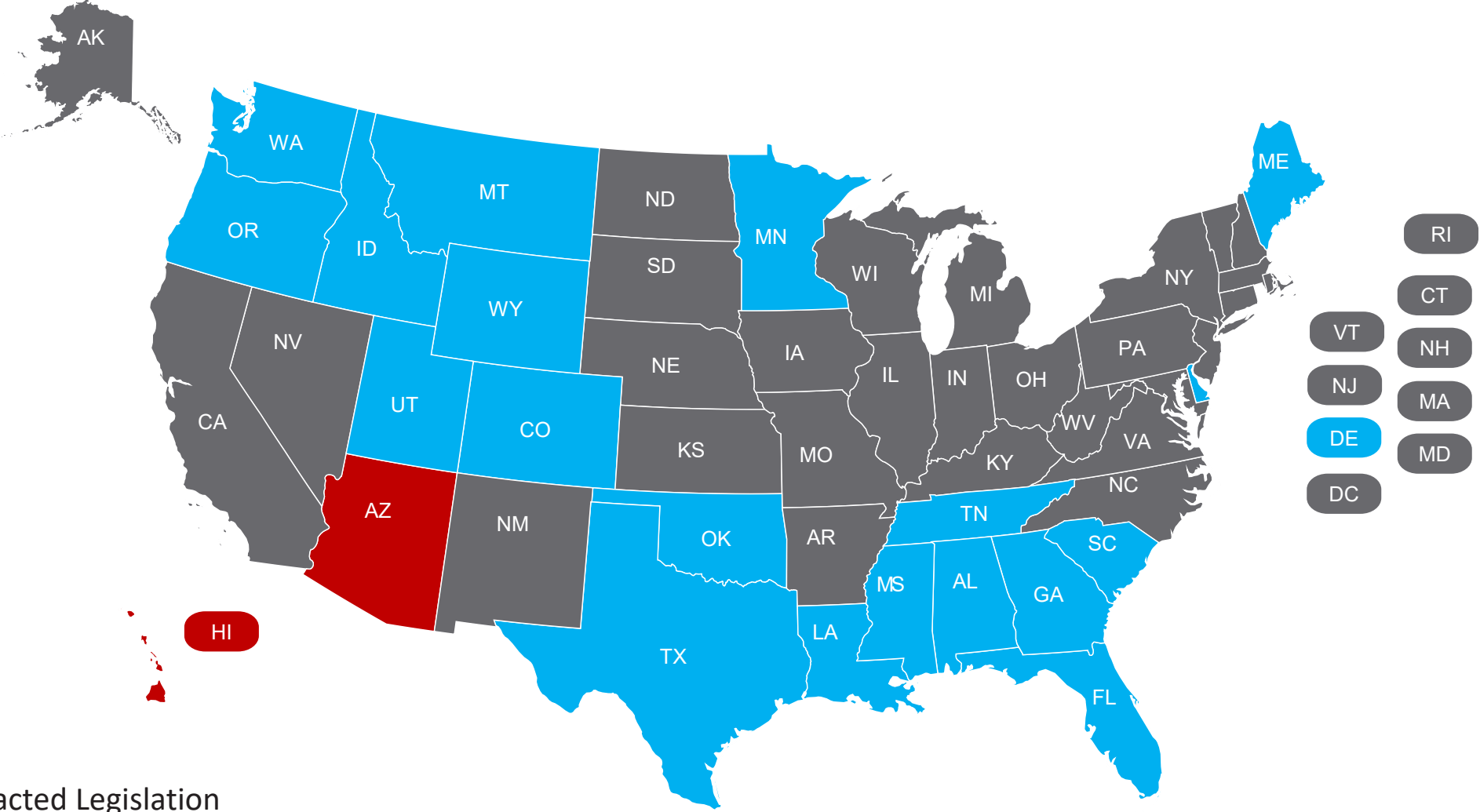
- Keeps the clock on standard time all year and eliminates the twice-yearly change
- Would mean earlier sunrises and earlier sunsets for more of the year
- States have clearer authority under federal law to exempt themselves from daylight saving time and remain on standard time year-round

How states are approaching time change policy



1. Adopt permanent standard time
 - A state can seek to remain on standard time year-round
 - This approach eliminates the twice-yearly clock change
 - Several states have pursued this option directly
2. Enact Contingent Permanent daylight savings time
 - A state can pass a law expressing that it will observe daylight saving time year-round; only taking effect if Congress authorizes states to adopt permanent daylight savings time.
3. Regional Contingent Permanent daylight savings time
 - Also awaiting congressional approval, some states also include action contingent on all neighboring states also adopting permanent daylight savings time.

Daylight Savings in the States



■ Daylight Savings Enacted Legislation
■ States and Territories Observing Standard Time Year-Round

State Policy Approaches in Practice

Permanent Standard Time



Ariz. Rev. Stat. § 1-242 - rejects daylight saving time and remain on standard time year-round



Haw. Rev. Stat. § 1-31 - Provides that **Hawaiian standard time** is the time the entire state must observe annually, not withstanding the daylight time provisions of federal law.

Contingent Permanent Daylight Savings Time



AL S 388 (enacted, 2021) - provides that State would observe Daylight Saving Time year-round upon an act by Congress to amend the existing prohibition in federal law.



CO H 1297 (enacted, 2022) - Concerns the designation of daylight savings time as the standard year-round time within the state when allowed by federal law

Regional Contingent Permanent Daylight Savings Time



MT S 254 (enacted, 2021) – Authorizes year-round daylight saving time; provides that year-round daylight saving time is contingent to similar approvals in other states



ID S 1267 (enacted, 2021) – Would make daylight saving time permanent tied to action by Washington state

Federal Proposal and Historical Context

- **Sunshine Protection Act:** Congress has repeatedly considered legislation to make daylight saving time permanent, but the proposal has continued to stall.
- **1974 experiment:** The U.S. adopted year-round daylight saving time during the energy crisis, but the policy drew backlash over dark winter mornings.
- **Why it changed back:** Concerns grew about children going to school before sunrise and the broader effects of winter morning darkness, and Congress reversed course before the trial period ended.





Thank you for joining today!

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