MEMORANDUM

March 07, 2022

To: Subcommittee on Consumer Protection and Commerce Members and Staff

Fr: Committee on Energy and Commerce Staff

Re: Hearing on “Changing Times: Revisiting Spring Forward, Fall Back”

On Wednesday, March 9, 2022, at 9:30 a.m. (EST), in the John D. Dingell Room, 2123 of the Rayburn House Office Building, and via Cisco WebEx online video conferencing, the Subcommittee on Consumer Protection and Commerce will hold a hearing entitled, “Changing Times: Revisiting Spring Forward, Fall Back.”

I. BACKGROUND

Daylight Saving Time (DST) is a period of the year from spring to fall when most U.S. states set clocks one hour ahead of standard time.1 The Uniform Time Act of 1966 established that DST would occur from the first Sunday in April to the last Sunday in October.2 Since 1966, Congress has amended the laws regarding DST, including temporary year-round adoption during World War II and the 1973 Oil Embargo.3 Most recently, the Energy Policy Act of 2005 extended DST by approximately four weeks from the second Sunday in March to the first Sunday in November.4

A. Advantages and Disadvantages of Daylight Saving

Daylight saving was first implemented in the United States to preserve energy resources for the war effort, and energy conservation has since been cited as a reason to continue the practice.5 However, results of studies on the effectiveness of DST as an energy conservation

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1 Congressional Research Service, Daylight Saving Time (Sept. 30, 2020) (R45208).
3 See note 1.
4 See note 2.
measure are varied and often conflicting. For example, in a 2008 report to Congress, the U.S. Department of Energy found that since 2007, extended daylight time saved approximately 0.5 percent in total electricity use per day. By contrast, a 2008 economic analysis of the state of Indiana found a small but significant increase in demand for residential electricity during DST.

Other industries and groups have weighed in on the pros and cons of DST. Some in favor of DST assert benefits such as a decline in robbery rates and increased consumer spending on gasoline and outdoor leisure activities. Opponents of DST argue that the springtime shift poses increased risks associated with more traffic accidents and workplace injuries, dark commutes, and a temporary increase in heart attacks.

**B. State Legislation and Practices**

States have had mixed reactions to DST. Hawaii and parts of Arizona, along with U.S. territories like Puerto Rico and Guam, have opted out of DST. Since 2018, 19 states—Florida, California, Arkansas, Delaware, Maine, Oregon, Tennessee, Washington, Idaho, Louisiana, Ohio, South Carolina, Utah, Wyoming, Alabama, Georgia, Minnesota, Mississippi, and Montana—have enacted legislation or passed a resolution to provide for year-round DST. In 2021, 33 states considered similar legislation, with six states having enacted such legislation. A number of states have pending DST legislation in their 2022 legislative sessions, including

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6 Id.

7 See note 2.


14 Id.
Maryland, New Jersey, Virginia, and Oklahoma. Federal legislation would be needed, however, to allow states to adopt year-round DST.

C. Federal Legislation

In the 117th Congress, multiple bills concerning DST have been introduced in the House of Representatives. Rep. Buchanan (R-FL) introduced H.R. 69, the “Sunshine Protection Act of 2021,” and Rep. Cawthorn (R-NC) introduced H.R. 1876, the “SPF Act,” which would both make DST permanent. H.R. 214, the “Daylight Act,” introduced by Rep. Stewart (R-UT), H.R. 5826, “To allow States to elect to observe year-round daylight saving time, and for other purposes,” introduced by Rep. Rogers (R-AL), and H.R. 5906, the “DAYLIGHT Act,” introduced by Rep. Norman (R-SC), would all allow states to elect to observe DST year-round.

II. WITNESSES

The following witnesses have been invited to testify:

Steve Calandrillo  
Jeffrey and Susan Brotman Professor of Law  
University of Washington School of Law

Dr. Beth Malow  
Professor of Neurology and Pediatrics, Director, Vanderbilt Sleep Division  
Vanderbilt University Medical Center

Lyle Beckwith  
Sr. Vice President, Government Relations  
National Association of Convenience Stores

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15 See note 13.