



**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.<sup>1</sup> The Uniform Time Act of 1966 established that DST would occur from the first Sunday in April to the last Sunday in October.<sup>2</sup> Since 1966, Congress has amended the laws regarding DST, including temporary year-round adoption during World War II and the 1973 Oil Embargo.<sup>3</sup> 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.<sup>4</sup>

**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.<sup>5</sup> However, results of studies on the effectiveness of DST as an energy conservation

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<sup>1</sup> Congressional Research Service, *Daylight Saving Time* (Sept. 30, 2020) (R45208).

<sup>2</sup> Department of Energy, *Impact of Extended Daylight Saving Time on National Energy Consumption* (Oct. 2008).

<sup>3</sup> See note 1.

<sup>4</sup> See note 2.

<sup>5</sup> *Daylight Saving Time: Why Does It Exist? (It's Not Farming)*, New York Times (Mar. 11, 2016) ([www.nytimes.com/2016/03/12/us/daylight-saving-time-farmers.html](http://www.nytimes.com/2016/03/12/us/daylight-saving-time-farmers.html)); *Does Daylight Saving Time Conserve Energy?*, Scientific American (Mar. 1, 2009) ([www.scientificamerican.com/article/does-daylight-saving-times-save-energy/](http://www.scientificamerican.com/article/does-daylight-saving-times-save-energy/)).

measure are varied and often conflicting.<sup>6</sup> 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.<sup>7</sup> By contrast, a 2008 economic analysis of the state of Indiana found a small but significant increase in demand for residential electricity during DST.<sup>8</sup>

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<sup>9</sup> and increased consumer spending on gasoline and outdoor leisure activities.<sup>10</sup> 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.<sup>11</sup>

## **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.<sup>12</sup> 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.<sup>13</sup> In 2021, 33 states considered similar legislation, with six states having enacted such legislation.<sup>14</sup> A number of states have pending DST legislation in their 2022 legislative sessions, including

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<sup>6</sup> *Id.*

<sup>7</sup> *See* note 2.

<sup>8</sup> National Bureau of Economic Research (Working Paper Series), *Does Daylight Saving Time Save Energy? Evidence from a Natural Experiment in Indiana* (Oct. 2008).

<sup>9</sup> Brookings Institution, *Fighting Crime with Daylight Saving Time* (Oct. 29, 2015) ([www.brookings.edu/blog/brookings-now/2015/10/29/fighting-crime-with-daylight-saving-time/](http://www.brookings.edu/blog/brookings-now/2015/10/29/fighting-crime-with-daylight-saving-time/)).

<sup>10</sup> *Daylight Saving Time: Why Does It Exist? (It's Not Farming)*, *New York Times* (Mar. 11, 2016) ([www.nytimes.com/2016/03/12/us/daylight-saving-time-farmers.html](http://www.nytimes.com/2016/03/12/us/daylight-saving-time-farmers.html)).

<sup>11</sup> *Is Daylight Saving Time Worth the Trouble? Research Says No*, PBS News Hour (Nov. 4, 2017) ([www.pbs.org/newshour/nation/is-daylight-saving-time-worth-the-trouble-research-says-no](http://www.pbs.org/newshour/nation/is-daylight-saving-time-worth-the-trouble-research-says-no)).

<sup>12</sup> *Daylight Saving Time Could Soon Be Year-Round in Florida*, *Time Magazine* (Mar. 24, 2018) ([time.com/5213857/daylight-saving-time-in-florida-bill/](http://time.com/5213857/daylight-saving-time-in-florida-bill/)).

<sup>13</sup> National Conference of State Legislatures, *Daylight Saving Time / State Legislation* (Feb. 4, 2022) ([www.ncsl.org/research/transportation/daylight-savings-time-state-legislation.aspx#table](http://www.ncsl.org/research/transportation/daylight-savings-time-state-legislation.aspx#table)).

<sup>14</sup> *Id.*

Maryland, New Jersey, Virginia, and Oklahoma.<sup>15</sup> Federal legislation would be needed, however, to allow states to adopt year-round DST.<sup>16</sup>

### **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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<sup>15</sup> See note 13.

<sup>16</sup> *Year-Round Daylight Saving Time? Florida Says Yes, but It’s Not So Simple*, New York Times (Mar. 8, 2018) ([www.nytimes.com/2018/03/08/us/daylight-saving-time-florida.html](http://www.nytimes.com/2018/03/08/us/daylight-saving-time-florida.html)).