



# TOPICS IN THE NEWS:

## Daylight Saving Time March 2022

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### INTRODUCTION

Spring ahead, fall back. Since the federal [Uniform Time Act](#) took effect in 1966, most of the United States has been following the biannual ritual of setting clocks ahead an hour on a designated day in the spring (Daylight Saving Time) and setting them back on a designated day in the fall (Standard Time). The aim of this time manipulation has been to redistribute sunlight between the morning and evening hours to serve a variety of purposes, ostensibly as a means to save energy. That the country is growing weary of this practice is evident by the sheer number of bills legislated across the states. In 2022, 28 states are considering [68 pieces of legislation addressing Daylight Saving Time](#) (DST), counting bills carried over from 2021 and new bills introduced during this year. And on March 15, just days after our most recent “Spring Ahead” to DST, [Congress unanimously passed The Sunshine Act](#) which would make DST permanent year round across the country if it passes through the House and is signed by President Joe Biden.

But where agreement ends is with regard to which time option to settle on as the year-round practice. Advocates of permanent DST, which adds more daylight to evening hours, tout these among the benefits:

- DST promotes outdoor activities and exercise.
- Greater outdoor activity in turn boosts the economy by encouraging more commercial activity.
- More sunlight throughout the day has been linked to a decrease in depression rates.
- The extra hour of sunlight in the evenings is linked to lower crime rates.

Proponents of permanent Standard Time, which bumps more daylight to the morning, counter that DST would bring these detriments:

- DST disrupts the [body's natural circadian rhythms](#), which can cause various physical health issues.
- Extended morning darkness impacts children's safety on the way to school.
- DST is associated with lost productivity in the days following both clock changes, costing the US economy hundreds of millions of dollars annually.
- The disruption to circadian rhythms has been linked to an increase in accidents, injuries, impaired immunity, and behavioral disorders.

There are a few who are in favor of maintaining the status quo and putting up with the inconvenience of the biannual clock changing rather than adopting either on a permanent basis. They point to the previous time the U.S. experimented with year-round DST. It was 1974 when the country was in the midst of an energy

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crisis, and the hope was that the extra daylight at the end of the day would result in reduced energy use. Instead the experience was so unpopular that what was supposed to be a [2-year plan was halted after just 8 months](#). They posit that the current plan, though by no means perfect, has been researched and adjusted through the years and is a reasonable compromise between the two, allowing for more daylight morning hours in the gloom of winter and more evening daylight during summer while avoiding the pitfalls of either permanent DST or Standard Time.

In Michigan, the legislature seems to be favoring permanent DST. In January, 2021, the House introduced [HB-4052](#), which passed that April, and in March, 2021, the Senate introduced [SB-231](#) which has yet to be passed.

**If you need assistance accessing any of these items or need more information, please contact us at [librarian@michigan.gov](mailto:librarian@michigan.gov) or by phone at 517-335-1477.**

## WORTH NOTING

- DST was first observed in the US in 1918 as a wartime energy-saving measure, following Germany's lead. It was not well-received by the populace so was discontinued after the War, but in 1942 President Franklin D. Roosevelt reinstated permanent DST which lasted through the end of the War.
- The Uniform Time Act allows for states to opt to remain on permanent Standard Time, but not permanent DST. At present, all states but Arizona and Hawaii observe DST.
- Several states poised to adopt permanent DST would do so contingent upon neighboring states also making the switch.
- Worldwide, about 70 countries observe DST, including most of North America and Europe. Most of Asia and South America do not observe DST.
- Never mind the name, Standard Time is the underdog, with 34 of the 52 weeks of the year spent in DST.
- Once upon a time, before the Uniform Time Act, the **adjacent** cities of [St. Paul and Minneapolis, MN](#), [spent part of a year in different time zones](#).

## READ UP

- [Gale in Context Opposing Viewpoints - Daylight Saving Time](#)
- ["Daylight Saving Time", Congressional Research Services Report, updated September 2020](#)
- ["On Daylight Saving, There Are More Options Than You Might Think", New York Times](#), April 4, 2022
- [NBC News Think: "Should we keep the clocks sprung forward once and for all?"](#) April 1, 2022
- ["Teenagers need more sleep, and permanent Daylight Saving Time won't help", Washington Post](#), 3/22/2022
- ["Science and medicine won't decide the daylight saving time fight", Washington Post](#), 3/18/2022
- ["Dairy cows want to make Daylight Savings Time permanent. Does Michigan?", Bridge Michigan](#), March 16, 2022
- ["Why Do We Change the Clocks, Anyway?", New York Times](#), 3-15-2022
- ["Is It Time to Change the Time Change?", State Legislatures News](#), 3-9-2022

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## WATCH AND LISTEN

- ["To Be DST, Or Not To Be. That Is The Question."](#), *Short Wave* podcast, 3/29/2022.
- [House Committee on Energy & Commerce Hearing on "Changing Times: Revisiting Spring Forward, Fall Back"](#) 3/9/2022.

## TIMELY TOPICS PLAYLIST – THE FIRST EVER

Because some topics just lend themselves to such things.

- ["Does Anybody Really Know What Time It Is?"](#) (Chicago)
- ["If I Could Turn Back Time"](#) (Cher)
- ["Time Keeps on Slipping"](#) (Steve Miller Band)
- ["Time Warp"](#) (from Rocky Horror Picture Show)
- ["Back in Time"](#) (Huey Lewis and the News)
- ["Time Is on My Side"](#) (Rolling Stones)
- ["Time Has Come Today"](#) (The Chambers Brothers)
- ["Time in a Bottle"](#) (Jim Croce)
- ["Time \(Clock of the Heart\)"](#) (Culture Club)
- ["Time"](#) (Pink Floyd)
- ["Too Much Time On My Hands"](#) (Styx)