



THE SENATE OF MARYLAND
ANNAPOLIS, MARYLAND 21401

SB 840 – General Provisions – Full Year Daylight Savings Time

March 11, 2021

Chairman Pinsky, Vice Chair Kagan, members of the Committee, I am here today to present SB 840 which would signal Maryland’s desire to remain on Daylight Saving Time year round. To date, [forty-two states](#) are entertaining or have passed legislation on the issue while two—Arizona and Hawaii—only observe their respective standard times.

Daylight Saving Time was initially implemented during World War I to save energy, but maintained unexpected popularity among Americans after the war, and was re-introduced year round during World War II for the same energy saving reasons.¹ However, with the technological advances we have realized today there is no significant energy saving associated with the time change process. What has not changed, on the other hand, is the continued popularity of Daylight Time among Americans and their desire to make it permanent.

The Federal Uniform Time Act of 1966—which codified Daylight Saving Time at the federal level—has been amended twice; both times extended the Daylight Saving period. The most recent change was a 2005 amendment which took effect in 2007. These changes to the original Act demonstrate the flexibility of time adjustment and offer precedent when considering changes at the state level. The Federal Uniform Time Act currently allows states to adopt the Standard Time of their current time zone, but not Daylight Time. The purpose of passing this bill would be to add our name to the list of states asking the federal government to amend the Act and allow us to adopt Daylight Time permanently.

Given both the sustained popularity of Daylight Saving Time since the first world war to the amending of the Uniform Time Act to today’s nation-wide effort it is time Maryland joined the fight.

The problems often associated with Daylight Saving Time, most notably sleep deprivation and the lingering effects of it, are mostly due to the switch from Standard Time to Daylight Saving

¹ Steve P. Calandrillo and Dustin E Buehler, “Time Well Spent: An Economic Analysis of Daylight Saving Time Legislation,” *Wake Forest Law Review*, 2008)

Time rather than the impact of a later sunset² as the body eventually readjusts. Staying on one time will alleviate these negative effects.

The reasons to choose Daylight Time over Standard Time include economic benefit, traffic safety, and crime reduction. Several studies show that many crime incidents are low during morning hours and peak during late afternoon and evening hours.³ By adopting Daylight Saving Time permanently, workers will be able to be home before darkness falls. More daylight gives people the liberty of being outside after work, enjoying the daylight rather than going straight home. Anecdotally, we can think of walking down Main Street here in Annapolis at 5 during Daylight Saving Time with light for an extra hour versus during Standard Time when darkness coincides with getting off work. A State of Massachusetts study even found year-round Daylight Saving Time would lead to fewer traffic fatalities due to increased visibility during prime driving hours.⁴

Springing forward and staying there would benefit the State of Maryland, our economy, our roads, and put us in line with the rest of our country in recognizing this outdated policy. I respectfully request a favorable report.

² Jennifer L. Doleac and Nicholas J. Sanders, "Under the Cover of Darkness: How Ambient Light Influences Criminal Activity," *Review of Economics and Statistics* 97, no. 5 (2015): pp. 1093-1103, https://doi.org/10.1162/rest_a_00547)

³ Buehler/Calandrillo; Doleac/Sanders

⁴ "Report of the Special Commission on the Commonwealths Time Zone," Report of the Special Commission on the Commonwealths Time Zone § (n.d.)