



SUNSHINE PROTECTION ACT OF 2023

SENATOR MARCO RUBIO (R-FL)

Background: Daylight Savings Time (DST) was enacted in the United States following Germany's 1916 effort to conserve fuel during World War I, and its period of observance has since been lengthened. Originally mandated for six months, in 2005, Congress extended DST to begin the second Sunday in March and end the first Sunday in November. As a result, the United States now enjoys **EIGHT** months of DST, and only four months of standard time (November-March). The United States has also gone through periods of year - round DST, including 1942-1945 and 1974-1975.

Senator Rubio's *Sunshine Protection Act* would eliminate the changing of clocks to standard time for those four months. In sum, if enacted, we would not "fall back" in November and would enjoy a full year of DST, instead of only eight months.

This bill does not:

- Alter or change time zones.
- Change the amount of hours of sunlight.
- Mandate those who do not currently observe DST to do so (American Samoa, most of Arizona, Guam, Hawaii, Northern Mariana Islands, Puerto Rico, and the Virgin Islands).

Potential effects of making Daylight Saving Time permanent:

- 1) **Reduces car crashes and car accidents involving pedestrians:** better aligning daylight hours to drivers' standard work hours' increases visibility, according to the American Journal of Public Health and the Journal of Safety Research. Also reduces the number of vehicle collisions with wildlife by 8 - 11 percent by shifting normal traffic patterns to an hour off from nocturnal wildlife's behavior.
- 2) **Reduces risk for cardiac issues, stroke and seasonal depression.**
- 3) **Reduces the number of robberies by 27 percent**, according to a 2015 Brookings Institution report, because of additional daylight in the evenings.
- 4) **Benefits the economy**, according to a study by JP Morgan Chase, which found that there is a drop in economic activity of 2.2 - 4.9 percent when clocks move back.
- 5) **Reduces childhood obesity and increases physical fitness**, according to studies published by the International Journal Behavioral Nutrition and Physical Activity and the Journal of Physical Activity and Health children because of an increase in physical activity during DST. The Journal of Environmental Psychology found that DST increased pedestrian activity by 62% and cyclist activity by 38 percent because of additional daylight.
- 6) **Benefits the agricultural economy**, which is disproportionately disrupted by biannual changes in time which upset the synergy between farmers' schedules and their supply chain partners.
- 7) **Reduces energy usage**, according to a 2008 study by the U.S. Department of Energy which found that during the 4 weeks the U.S. extended daylight savings from the 2005 law, there were savings of about 0.5 percent in electricity per day. Later studies have also shown that the energy savings are minimal.