

ALASKA STATE LEGISLATURE

House Energy Committee,
Co-Chair

Community and Regional
Affairs Committee

State Affairs Committee

Joined Armed Services
Committee

SESSION:
State Capitol, Rm. 418
Juneau, AK 99801

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Anchorage, AK 99503



REPRESENTATIVE KY HOLLAND

HB 229 Version A (34-LS0996(N))

Sponsor Statement

House Bill 229 would exempt the State of Alaska from observing Daylight Saving Time and place our state on permanent Alaska Standard Time – the time we adopt each winter, which preserves morning light. This legislation has two goals: to end the deeply unpopular practice of changing our clocks twice a year, without any need for federal approval, and to do so in a way that protects Alaskans’ health and safety.

Three quarters of Alaskans want to end the practice of changing our clocks. And this twice-yearly transition is not a minor inconvenience. Research consistently shows measurable spikes in heart attacks, strokes, emergency room visits, and traffic accidents in the days immediately following the time change.

HB 229 chooses permanent Standard Time, rather than permanent Daylight Saving Time, because it is both the healthier option and the only practical path toward ending the time change. Under the Uniform Time Act, states are prohibited from adopting permanent Daylight Saving Time without federal authorization, but they may unilaterally adopt permanent Standard Time. Florida passed a law in 2018 to adopt permanent Daylight Saving Time and continues to wait for this authorization. If Alaska wants to end the time change now, without waiting for federal government, permanent Standard Time is the only path available to us.

Just as importantly, Standard Time aligns us more closely with the sun. Daylight saving time pushes Alaska further out of solar alignment, particularly during the shoulder seasons, which means more Alaskans waking up in darkness and attempting to sleep while it is still light outside. This misalignment disrupts circadian rhythms, interferes with sleep quality, and has been associated in research with increased risks of chronic disease, mental health issues, and reduced productivity. Conversely, the morning sunlight offered by Standard Time helps regulate the body’s internal clock, increases alertness, and makes it easier to fall asleep at night.

Around the solstices, when daylight extremes are most pronounced, the difference may feel negligible. But for much of the year, our clock setting determines whether Alaskans are commuting, working, and sending their children to school in light or in darkness. House Bill 229 gives Alaska the power to end the clock change, and to choose a schedule that aligns with the sun, protects our health, and reflects the will of our people.

March 3rd, 2026