

House State Affairs Committee
March 28th, 2026

HB 229

Alaska Standard Time



Representative Ky Holland
House District 9
South Anchorage, Hillside, North Turnagain Arm, Whittier

Two Key Points

- ▶ Permanent Standard Time is:
 - ▶ The only way to achieve a change desired by the vast majority of Alaskans
 - ▶ Almost universally recognized as the better option by health professionals

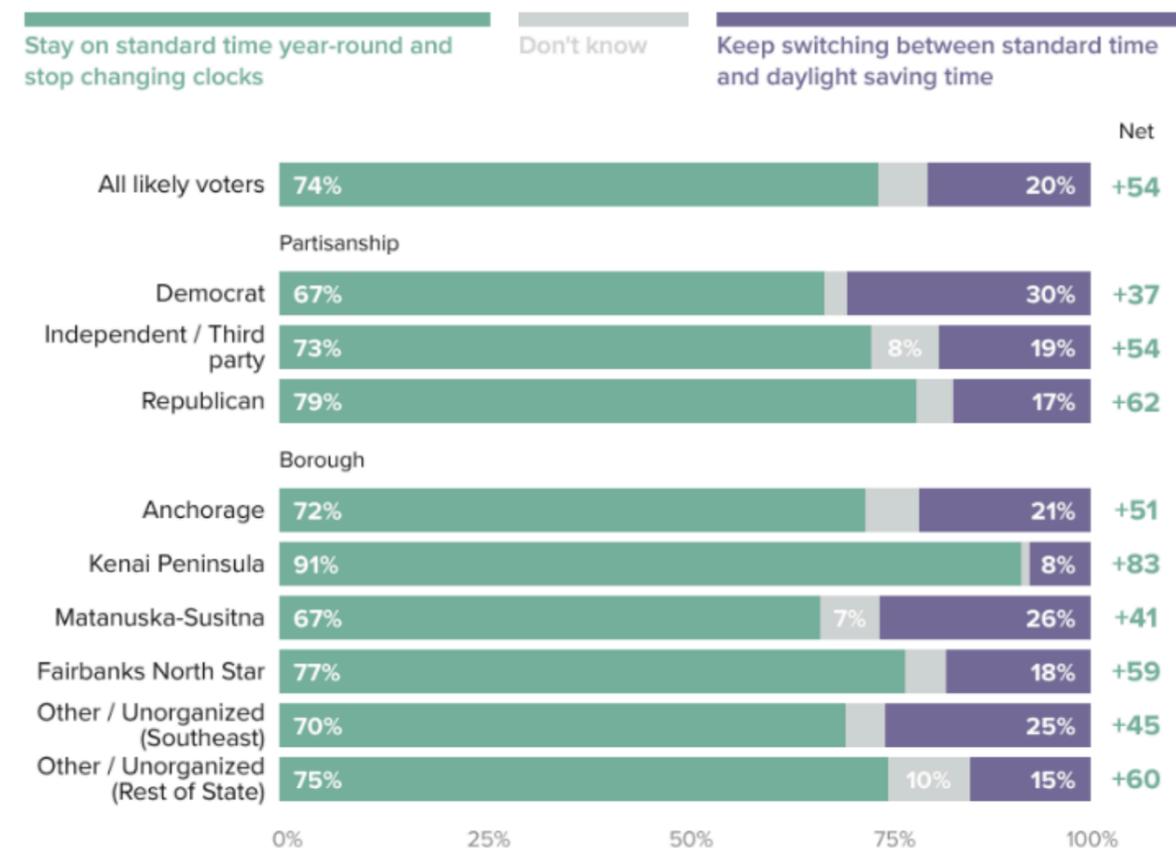
Alaskans Want to End the Time Change

Alaska Voters, Especially Republicans, Want to Get Rid of Daylight Saving Time

Some lawmakers are proposing to eliminate daylight saving time in Alaska.

If passed, Alaska would stay on standard time year-round and no longer change clocks twice a year. For part of the year, Alaska would be on the same time as Seattle and the West Coast.

Which do you prefer for Alaska?



July 21–27, 2025 survey of 678 Alaska likely voters

DATA FOR PROGRESS

Federal Approval Requirements

- ▶ Under the Uniform Time Act, states may unilaterally adopt permanent Standard Time
- ▶ States may not adopt permanent Daylight Saving Time without federal action
- ▶ Since 2018, nineteen states have passed permanent Daylight Saving Time laws
- ▶ All of these states still change their clocks each spring and fall

Health Benefits

- ▶ In effect, Alaska already observes Daylight Saving Time
- ▶ Permanent Daylight Saving Time pushes Alaska farther out of alignment with the sun
- ▶ Solar misalignment → dark mornings, bright evenings
- ▶ This misalignment is associated with poor sleep quality, diminished academic performance, and a higher risk of cancer, cardiovascular disease, obesity, and depression
- ▶ The Alaska State Medical Association, American Medical Association, the American Academy of Sleep Medicine all support year-round standard time

Sectional Analysis

- ▶ Section 1 exempts the state from the biannual time change
- ▶ Section 2 sets an effective date of November 3rd, 2026

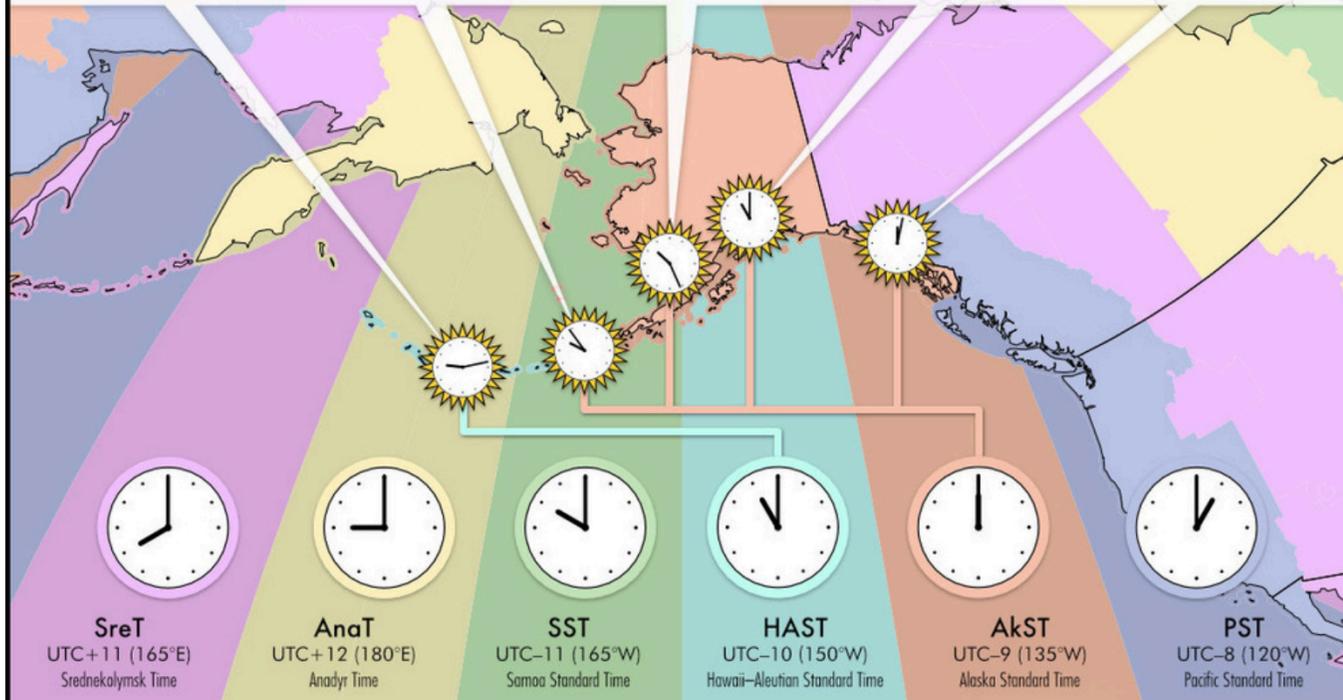
As a reminder...

- ▶ Permanent Standard Time is:
 - ▶ The only way to achieve a change desired by the vast majority of Alaskans
 - ▶ Almost universally recognized as the better option by health professionals

LOCAL MEAN SOLAR TIME, CIVIL TIME, & CIRCADIAN MISALIGNMENT

OBSERVED AS STANDARD TIME

ADAK (177°W)	UNALASKA (167°W)	DILLINGHAM (158°W)	ANCHORAGE (150°W)	JUNEAU (134°W)
☀️ 9:13am LMST	☀️ 9:54am LMST	☀️ 10:26pm LMST	☀️ 11:00am LMST	☀️ 12:02pm LMST
🕒 11:00am HAST	🕒 12:00pm AkST	🕒 12:00pm AkST	🕒 12:00pm AkST	🕒 12:00pm AkST
+107 minutes misalignment	+126 minutes misalignment	+94 minutes misalignment	+60 minutes misalignment	-2 minutes misalignment



- ☀️ **Local Mean Solar Time (LMST)** measures the sun's position in the sky seen at any given longitude.
- 🕒 **Civil time** is ideally set to the time zone closest to LMST, for minimal circadian misalignment.
- ± **Misalignment** can impair sleep, mood, health, safety, learning, and productivity.



UPDATED 2026-01-01

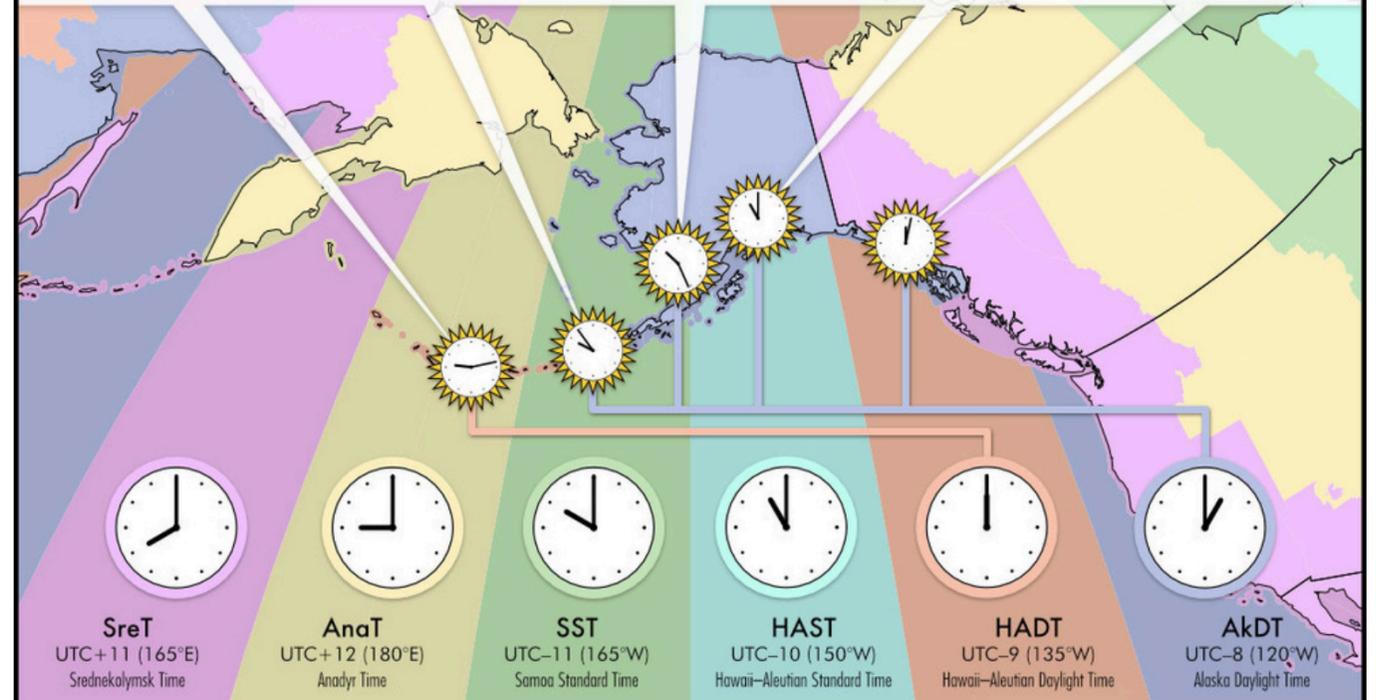
SAVE STANDARD TIME



LOCAL MEAN SOLAR TIME, CIVIL TIME, & CIRCADIAN MISALIGNMENT

DURING DAYLIGHT SAVING TIME

ADAK (177°W)	UNALASKA (167°W)	DILLINGHAM (158°W)	ANCHORAGE (150°W)	JUNEAU (134°W)
☀️ 9:13am LMST	☀️ 9:54am LMST	☀️ 10:26pm LMST	☀️ 11:00am LMST	☀️ 12:02pm LMST
🕒 12:00pm HADT	🕒 1:00pm AkDT	🕒 1:00pm AkDT	🕒 1:00pm AkDT	🕒 1:00pm AkDT
+167 minutes misalignment	+186 minutes misalignment	+154 minutes misalignment	+120 minutes misalignment	+58 minutes misalignment



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SAVE STANDARD TIME

