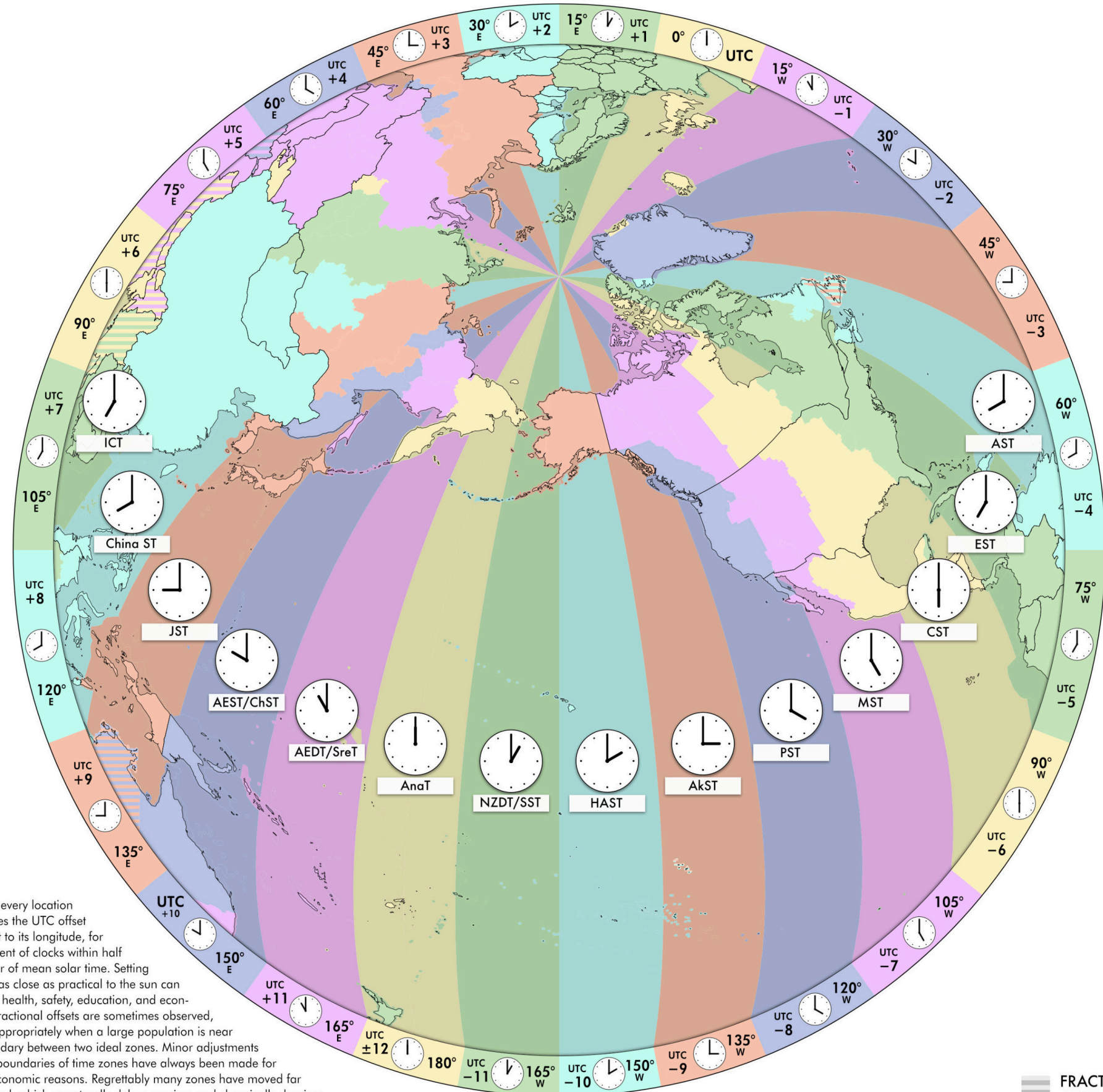


ZONES OBSERVED IN JANUARY

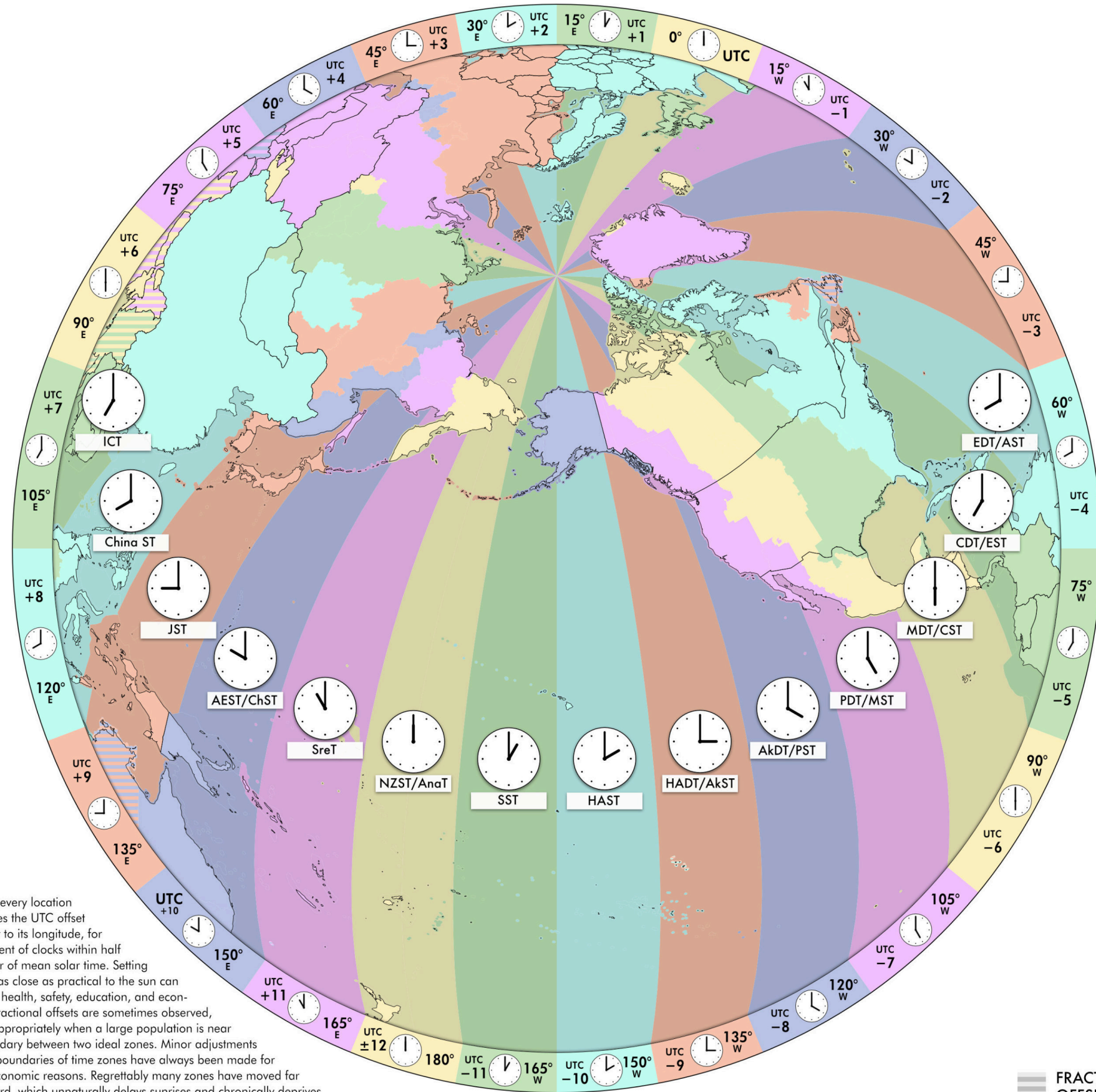


Ideally every location observes the UTC offset nearest to its longitude, for alignment of clocks within half an hour of mean solar time. Setting clocks as close as practical to the sun can benefit health, safety, education, and economy. Fractional offsets are sometimes observed, most appropriately when a large population is near a boundary between two ideal zones. Minor adjustments to the boundaries of time zones have always been made for socioeconomic reasons. Regrettably many zones have moved far westward, which unnaturally delays sunrises and chronically deprives sleep. Many locations also add an hour to clocks in summer as Daylight Saving Time, which further jeopardizes public well-being. Note also that summer in the southern hemisphere occurs during the northern hemisphere's winter.

SAVE STANDARD TIME

FRACTIONAL OFFSET
 UPDATED 2025-12-11

ZONES OBSERVED IN JULY



Ideally every location observes the UTC offset nearest to its longitude, for alignment of clocks within half an hour of mean solar time. Setting clocks as close as practical to the sun can benefit health, safety, education, and economy. Fractional offsets are sometimes observed, most appropriately when a large population is near a boundary between two ideal zones. Minor adjustments to the boundaries of time zones have always been made for socioeconomic reasons. Regrettably many zones have moved far westward, which unnaturally delays sunrises and chronically deprives sleep. Many locations also add an hour to clocks in summer as Daylight Saving Time, which further jeopardizes public well-being. Note also that summer in the southern hemisphere occurs during the northern hemisphere's winter.

 **SAVE STANDARD TIME**

 FRACTIONAL OFFSET

UPDATED 2025-12-11 

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

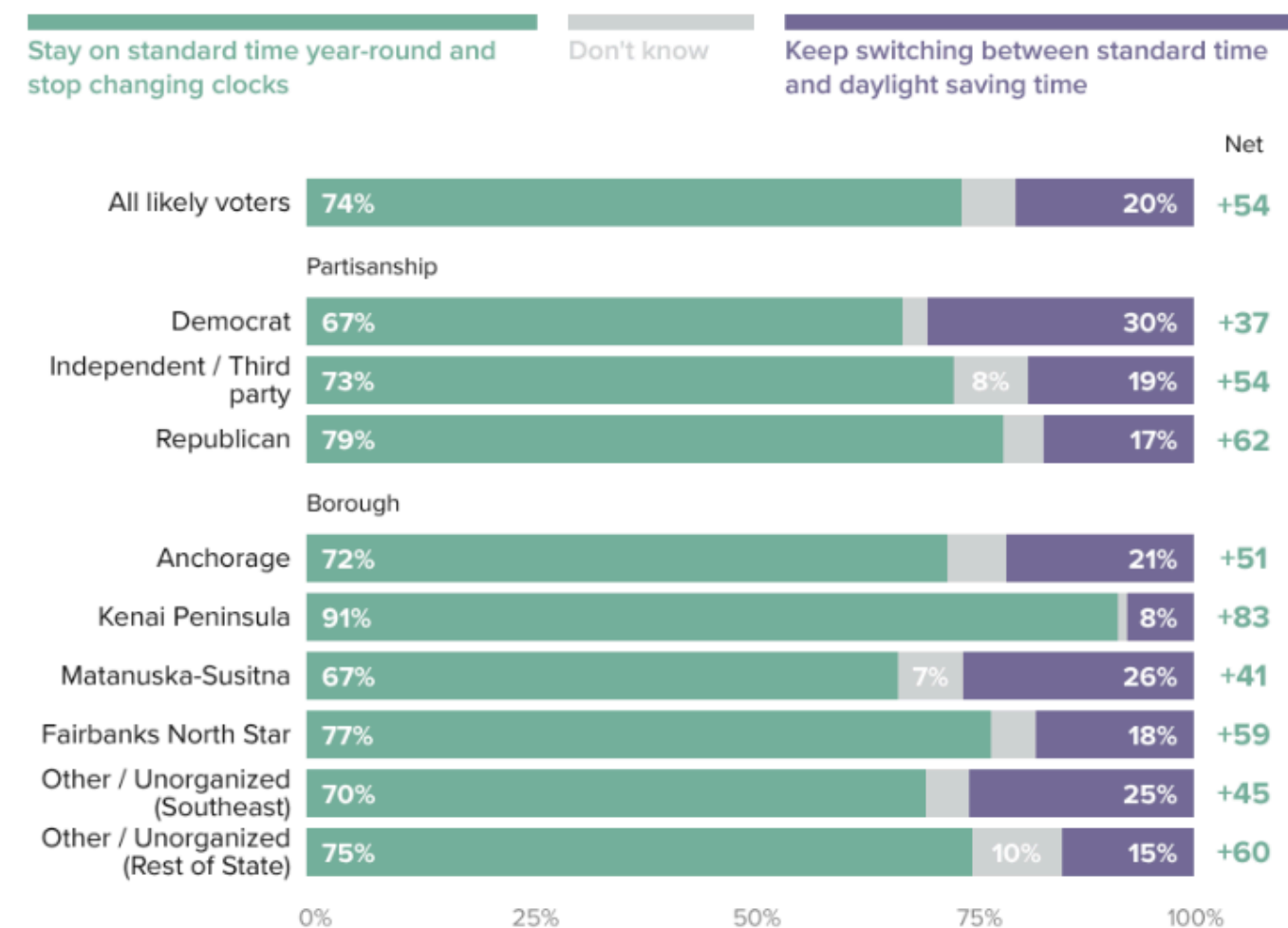
Alaskans Want to End the Time Change

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