



Alaska State Legislature
Representative Jamie D. Allard
Alaska State Capitol, Room 415
Juneau, AK 99801-1182
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Sponsor Statement ver A

March 3, 2026

HB41 - ELIMINATE DAYLIGHT SAVING TIME - 34-LS0201A

"An Act relating to daylight saving time; and providing for an effective date."

Humans are diurnal beings, meaning that we naturally work in the daylight and rest in the dark. This happens regardless of what our mechanical measuring devices tell us. Standard time is based on when the sun is in the sky and when it is not, and more naturally aligns us with our mind's natural rhythms. This will provide us with more sleep, more time in the sun, and all of the mental health benefits associated with healthy sleep patterns.

This bill will set the state on standard time. We will set our constituents up for success by allowing them to spend more time in the sun. We already know that daylight is something to be savored in Alaska, and by moving to standard time we will move daily tasks like driving to work or going to school back to daylight hours. We will see fewer sleepy teens and more alert workers and students.

We will no longer have to worry about 'springing ahead' or 'falling back' depending on the calendar. We will not have to worry about accidentally being late for work or school because we forgot to set a clock. Most importantly, we will more closely align our timepieces to the sun where we as a species naturally thrive!

