



Alaska State Legislature
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Alaska State Capitol, Room 415
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Sponsor Statement ver. A

HB41 – PERMANENT DAYLIGHT SAVINGS TIME

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

House Bill 41 is a bill eliminating seasonal clock changes by adopting permanent daylight savings time. Establishing a consistent year-round time eliminates the disruptions caused by switching clocks twice a year. There is existing data to support the elimination of seasonal time changes for health and public safety reasons. These abrupt transitions have been associated with sleep and mood issues as well as an uptick in suicide. Additionally, it is suggested that the adoption of daylight savings time permanently can have economic benefits as well as improvements to overall quality of life.

Daylight savings time maximizes usable daylight during our darkest winter months. It allows for more outdoor activities to occur after school or work in daylight. It's a better fit for the modern lifestyle since this is when most recreational activities are already occurring.

The US Chamber of Commerce as well as other national groups have supported this option since more sunlight has historically reported higher retail, restaurant and outdoor industry sales. Simply put, people tend to spend more money when there is light out after work. Permanent daylight savings time would also allow Alaska to strengthen its economic integration with national financial systems and improve banking efficiency.

Public safety also benefits from more evening light. Research shows that 50% of traffic deaths happen at night. Shifting more light into the evening hours reduces the risk during peak traffic times. Daylight also acts as a natural deterrent to crime. A study in the Journal of Quantitative Criminology found a 7% drop in robberies after a shift to daylight savings time.

House Bill 41 will establish a permanent year-round daylight savings time that would become effective only if the United States Congress amends federal law on or before Dec. 31, 2031. Nineteen other states have also passed resolutions or enacted legislation to adopt permanent daylight savings time. While we cannot add hours of light to our darkest months, we can make the limited hours a little more usable.