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Top 3 Pros and Cons of Daylight Saving Time

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Daylight Saving Time (DST) begins at 2am on Sunday, Mar. 10, 2019 with "spring forward" when most of the United States moved clocks forward by one hour, and ends at 2am on Sunday, Nov. 3, 2019 when those clocks will "fall back" one hour.

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DST was implemented in the United States nationally on Mar. 31, 1918 as a wartime effort to save an hour's worth of fuel (gas or oil) each day to light lamps and coal to heat homes. It was repealed nationwide in 1919, and then maintained by some individual localities (such as New York City) In what *Time Magazine* called "a chaos of clocks" until 1966 when the *Uniform Time Act* made DST consistent nationwide. [8]

Approximately 1.5 billion people in 70 countries observe DST worldwide. [26][29] In the United States, 48 states participate in Daylight Saving Time. Arizona, Hawaii, some Amish communities, and the American territories (American Samoa, Guam, Puerto Rico, the Virgin Islands, and the Northern Mariana Islands) do not observe DST. [8] As of Mar. 4, at least 44 bills to change daylight saving were being actively considered in 24 states in 2019. [33] 55% of Americans said they are not disrupted by the time change, 28% report a minor disruption, and 13% said the change is a major disruption. [20]

People in favor of keeping Daylight Saving Time say it allows drivers to commute more safely in daylight, promotes outdoor activities, and stimulates the economy. Those who oppose Daylight Saving Time say that the change is a harmful disruption to health and work productivity, and is expensive. While the time change was initially implemented to save energy, studies are mixed and have found our current use of air conditioning and heating may negate the energy saved by not having to use electric lights and may actually increase electricity usage. [24][25] Read on for pros and cons in the debate on Daylight Saving Time.

Should the United States Keep Daylight Saving Time?