

National Federation of Democratic Women
Resolution on Discontinuing Daylight Savings Time

WHEREAS, Earth orbits around the sun at a relatively fixed rate (365.25 days per year). Earth's axial tilt averages 23.5 degrees, and this tilt brings us four seasons because the amount of daylight shifts based on the angle of the sun's rays. In an effort to extend the hours of daylight as much as possible in the summer, Daylight Savings Time was put into effect for much of the world about 101 years ago. It was extended four weeks by President George W. Bush when he signed the Energy Policy Act into effect on August 8, 2005. These schedule changes do not change the amount of daylight and never have. They have benefitted relatively few and caused disruption for everyone. Two states, Arizona and Hawaii, do not participate in this practice.

WHEREAS, Daylight Savings Time does not change the amount of available daylight in a summer's day; and

WHEREAS, changing the hour by springing forward in the Spring and falling back in the Fall disrupts travel scheduling that can cause missed connections, forces rescheduled school times that upset children's learning patterns, and redefines circadian rhythm for people that can cause severe health problems thanks to chaotic sleep; and

WHEREAS, rescheduled daylight times do not benefit large segments of the population;

THEREFORE, BE IT RESOLVED that a study be undertaken to determine a set system for the United States to adhere to so that the practice of Daylight Savings Time may be discontinued with the least amount of disruption.

Submitted by the Connecticut Federation of Democratic Women in March 2019

Tabled by the NFDW Membership at the 48th Annual Convention on June 15, 2019 pending further clarification of the appropriate study agency

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