

When Does Daylight Time Begin and End?

Currently, daylight time begins in the United States on the first Sunday in April and ends on the last Sunday in October. On the first Sunday in April, clocks are set ahead one hour at 2:00am local standard time, which becomes 3 am local daylight time. On the last Sunday in October, clocks are set back one hour at 2:00 am local daylight time, which becomes 1:00 am local standard time. These dates were recently modified with the passage of the Energy Policy Act of 2005, Pub L. no. 109-58 Stat 594 (2005). Starting in March 2007, daylight time in the United States will begin on the second Sunday in March and end on the first Sunday in November.

Not all places in the United States observe daylight time, in particular, Arizona, Hawaii, and most of Indiana do not use it.

- In 2006, daylight time begins on April 2 and ends on October 29.
- In 2007, daylight time begins on March 11 and ends on November 4. (New law goes into effect.)

Many other countries observe same form of "Summer time" but they do not necessarily change their clocks on the same dates as the U.S.

Daylight time and time zones in the U.S. are defined in the U.S. Code, Title 15, Chapter 6, Subchapter IX. (Standard time)

2006	April 2	October 29
DST Start and End Dates changes beginning March 2007		
YEAR	DST Begins 2 am (Second Sunday in March)	DST Ends 2 am (First Sunday in November)
2007	March 11	November 4
2008	March 9	November 2
2009	March 8	November 1
2010	March 14	November 7
2011	March 13	November 6
2012	March 11	November 4
2013	March 10	November 3
2014	March 9	November 2
2015	March 8	November 1

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