

AN ACT relative to abolishing daylight saving time, in coordination with contiguous states, for health, and per federal law.

ANALYSIS

This bill provides that New Hampshire shall exempt itself from daylight saving time when Maine and Massachusetts also exempt themselves from daylight saving time, as is recommended by health professionals, and as is the only federally approved option to cease biannual clock changes.

Explanation: Matter added to current law appears in *bold italics*. Matter removed from current law appears ~~[in brackets and struckthrough]~~. Matter which is either (a) all new or (b) repealed and reenacted appears in regular type.

STATE OF NEW HAMPSHIRE

AN ACT relative to abolishing daylight saving time, in coordination with contiguous states, as is recommended by health researchers and physicians, and as is the only alternative to disruptive clock changes that is permitted by federal law.

Be it Enacted by the Senate and House of Representatives in General Court convened:

1 Findings and Purpose. The general court finds that:

I. Changing clocks between standard time and daylight saving time is disruptive to health, safety, education, and economy.

II. Federal law permits only permanent standard time by exemption from daylight saving time as the alternative to biannual changing of clocks.

III. Permanent daylight saving time has historically been repealed due to its harm to health, safety, education, and economy soon after its trials during World War II and the 1970s Oil Crisis.

IV. Permanent standard time has historically proven to last without incident for decades.

V. The American Academy of Sleep Medicine, National Sleep Foundation, Sleep Research Society, and Society for Research on Biological Rhythms advise against permanent daylight saving time and recommend permanent standard time.

VI. Standard time is intended to approximate natural solar time.

VII. Coordination with contiguous states regarding timekeeping is essential to convenience of commerce.

2 Exemption from daylight saving time. Amend RSA 21:36 to read as follows:

21:36 Standard Time. – The standard time within the state~~[, except as hereinafter provided,]~~ shall be based on the mean astronomical time of the seventy-fifth degree of longitude west from Greenwich, known and designated by the federal statute as “Eastern Standard Time.” ~~[At 2 o’clock ante-meridian of the second Sunday in March of each year, the standard time in this state shall be advanced one hour, at 2 o’clock ante-meridian of the first Sunday in November of each year, the standard time in this state shall, by the retarding of one hour, be made to coincide with the astronomical time hereinbefore described as Eastern Standard Time, so that between the second Sunday in March at 2 o’clock ante-meridian and the first Sunday in November at 2 o’clock ante-meridian in each year the standard time in this state shall be one hour in advance of the United States Standard Time.]~~

In all laws, statutes, orders, decrees, rules, and regulations relating to the time of performance by any officer or department of this state, or of any county, city, town, or district thereof, or relating to the time in which any rights accrue or determine, or within which any act shall or shall not be performed by any person subject to the jurisdiction of this state, or of any county, city, town, or district thereof, and in all contracts or choses in action made or to be performed in this state, it shall be understood and intended that the time shall be as set forth in this section. *The state, and all political subdivisions of the state, acting under the exemption provisions of the federal statute, shall be exempt from the provisions of that law that establish the advancement of time, known as “daylight saving time”.*

3 Effective Date. This act shall take effect on the first day of January in the first year following or coinciding with the effective date of exemption from daylight saving time in the states of Maine, Massachusetts, and Vermont.