

The sun sets on Daylight Savings

By: Kellan Behrens

The U.S Senate unanimously approved legislation to get rid of the annual tradition of daylight savings on Tuesday March 12th.

This bill, named the “Sunshine Protection Act” has not passed yet. But, if The House of Representatives votes in favor, the bill would then be in the hands of President Biden. If the bill is signed we would see the end of Daylight Savings as early as 2023.

“One has to ask themselves after a while: Why do we keep doing it?” Senator Marco Rubio asked, “the majority of the American people’s preference is just to stop the back-and-forth changing.” Many other Senators agreed with this philosophy.

When the bill was moved to pass by unanimous vote, not a single senator objected. Many senators in support of the bill talked about the positives in staying “sprung forward.” Many claimed the benefits of children being able to be outside later, as well as the reduction of seasonal depression.

Some other concerns about daylight savings revolved around the ruined sleep schedules caused by the time switch.

“This past weekend, Americans from Washington State to Florida had to lose an hour of sleep for absolutely no reason,” Senator Patty Murray said. “This is a burden and a headache we don’t need. Any parent who has worked so hard to get a newborn or a toddler on a regular sleeping schedule understands the absolute chaos changing our clocks creates.”

Despite this argument, The National Association of Convenience Stores opposes the change, telling Congress this month “we should



The sun rising over the capitol building the day of daylight savings, the senate would then vote to make daylight savings permanent, “We got it past the Senate, and now the clock is ticking to get the job done so we never have to switch our clocks again,” Sen. Patty Murray, 2022

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not have kids going to school in the dark.”

Despite these arguments, many scientists are disagreeing with the passing of this bill saying that the major missing factor in the senator’s argument is the sun’s progression. Sleep scientists point out that winter time is more closely aligned with the sun’s progression. They say that bright mornings help people wake up and stay alert, while dark nights allow for the more efficient production of melatonin.

“We’re disappointed, especially given the overwhelming scientific and health feeling that this is a bad idea,” Dr. Karin Johnson, a member of the board of directors of Save Standard Time and an associate professor of neurology at UMass Chan Medical School-Baystate said. “When it is too light at night, it can be hard to fall asleep. When it is too dark in the morning, it can be hard to wake up.”

The U.S has tried getting rid of daylight savings before back in 1974. However this attempt was unsuccessful after widespread discontent.

“I know this is not the most important issue confronting America, but it’s one of those issues where there’s a lot of agreement,” Senator Rubio said. “If we can get this passed, we don’t have to do this stupidity anymore. Pardon the pun, but this is an idea whose time has come.”