

FALL BACK — NOVEMBER 1, 2026

Daylight Saving Time Ends

At 2:00 a.m. Sunday, November 1, clocks move back one hour to 1:00 a.m. Most people can simply set manual clocks back before going to bed Saturday night. Phones and many connected devices normally update automatically.

While you're changing the clocks: Check smoke and carbon-monoxide alarms • Review timers and outdoor lights • Keep a flashlight handy • Take extra care with earlier darkness on evening walks and drives.

SHOULD WE KEEP CHANGING THE CLOCKS?

There is broad interest in ending the twice-yearly switch, but the harder question is which time should be permanent? As of October 2026, federal law still requires the seasonal change for states that observe Daylight Saving Time. The U.S. House passed H.R. 139 in July to make Daylight Saving Time permanent; the bill was then referred to the Senate Commerce Committee. A separate House proposal, H.R. 9638, would favor permanent standard time while allowing states to choose otherwise.

DST

The case for permanent Daylight Saving Time

Supporters emphasize more usable daylight in the late afternoon and evening. The current House-passed proposal would end the clock changes by keeping clocks one hour ahead year-round. The trade-off is later winter sunrises and darker mornings.

"Supporters say ... keeping clocks an hour ahead year-round would provide more evening daylight and boost economic activity during the winter months."

[GovInfo — H.R. 139, Sunshine Protection Act of 2025](#)

ST

The case for permanent Standard Time

Sleep and circadian-health organizations generally favor standard time because morning light better matches the body's biological clock. It would also avoid especially late winter sunrises, though summer evenings would get dark an hour earlier than under permanent daylight time.

"Permanent standard time is the optimal choice for health and safety."

[American Academy of Sleep Medicine — position statement](#)

NOW

The case for keeping the seasonal system

The current system provides later evening daylight during the warmer months while returning more morning light in winter. Its major drawback is the disruption of changing clocks twice each year. Federal law currently permits states to opt out of Daylight Saving Time, but states cannot independently choose permanent Daylight Saving Time.

"States may exempt themselves from observing Daylight Saving Time by State law."

[U.S. Department of Transportation — Uniform Time](#)

Worth remembering: We cannot create more daylight — the choice is largely about when that daylight falls on the clock. Later evening light can be attractive for recreation and commerce; earlier morning light is favored by sleep experts and can matter for school and work travel.

[U.S. DOT: Daylight Saving Time rules](#)

[GovInfo: H.R. 139 status & text](#)

[GovInfo: H.R. 9638 standard-time proposal](#)

[AASM: permanent standard-time resources](#)

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