



Daylight Saving Time – Facts and Dates

In 2005 and 2006, Daylight Saving Time begins for most of the United States at 2 a.m. on the first Sunday of April. (See chart below.) Time reverts to standard time at 2 a.m. on the last Sunday of October.

Beginning in 2007, Daylight Saving Time is extended one month and begins for most of the United States at:

2 a.m. on the **Second Sunday in March** to 2 a.m. on the **First Sunday of November**.
(See chart below.)

The new starts and stop dates were set in the Energy Policy Act of 2005.

Daylight Saving Time - for the U.S. and its territories - is **NOT** observed in Hawaii, American Samoa, Guam, Puerto Rico, the Virgin Islands, the Eastern Time Zone portion of the State of Indiana, and by most of Arizona (with the exception of the Navajo Indian Reservation in Arizona).

DAYLIGHT SAVING TIME IN THE UNITED STATES - 2005 THROUGH 2015

In spring, move clocks forward one hour. In fall, turn clocks backward one hour.

Year	DST Begins 2 a.m. (First Sunday in April)	DST Ends 2 a.m. (Last Sunday in October)
2005	April 3	October 30
2006	April 2	October 29

DST Start and End date changes beginning March 2007

Year	DST Begins 2 a.m. (Second Sunday in March)	DST Ends 2 a.m. (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