

CONGRESS

**A BILL**

To repeal daylight saving time and restore permanent standard time, as supported by history and data for optimal health and prosperity.

*Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,*

**SECTION 1. SHORT TITLE.**

This Act may be cited as the “Sleep Protection Act”.

**SEC. 2. FINDINGS.**

The Congress hereby finds and declares that—

- (1) changing clocks seasonally is disruptive to health, safety, education, and economy;
- (2) permanent daylight saving time has been tried and repealed due to hardships;
- (3) permanent standard time has historically lasted without harm for decades;
- (4) over a hundred professional associations, scientific societies, and nonprofits for the public well-being advise against permanent daylight saving time and recommend permanent standard time;
- (5) time is meant to measure the sun’s position in the sky; and
- (6) standard time is more accurate and objective than daylight saving time.

**SEC. 3. REPEAL OF DAYLIGHT SAVING TIME AND RESTORATION OF PERMANENT STANDARD TIME.**

(a) REPEAL OF DAYLIGHT SAVING TIME.—Section 3 of the Uniform Time Act of 1966 (15 U.S.C. 260a) is hereby repealed.

(b) RESTORATION OF PERMANENT STANDARD TIME.—The second sentence of subsection (a) of section 1 of the Act of March 19, 1918 (commonly known as the “Calder Act”) (15 U.S.C. 261), is amended by striking “Except as provided in section 260a(a) of this title,” and inserting “At all times throughout the year, in all States and all political subdivisions thereof.”

**SEC. 4. EFFECTIVE DATE.**

This Act shall take effect on January 1 of the year following its enactment.