

CONGRESS

A BILL

To abolish 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—

(1) that changing clocks between standard time and daylight saving time is disruptive to health, safety, education, and economy;

(2) that permanent daylight saving time has repeatedly been tried and soon afterward repealed due to its unreasonable hardships in winter;

(3) that permanent standard time has historically proven to last without harm for decades;

(4) that 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) that the Constitution of the United States, Article I, Section 8, grants Congress the power to set weights and measures;

(6) that time is inherently a measurement of the sun’s position in the sky; and

(7) that standard time is the more accurate and objective measurement.

SEC. 3. ABOLISHING DAYLIGHT SAVING TIME.

(a) Section 3 of the Uniform Time Act of 1966 (15 U.S.C. 260a) is hereby repealed.

(b) 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 3(a) of the Uniform Time Act of 1966 (15 U.S.C. 260a)” 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.