

Why do we change the clocks?

- ☆ Currently on Daylight Saving Time (EDT)
 - 🌐 We "sprang ahead" on March 9
 - 🌐 We'll change back to EDT on March 8, 2026
- ☆ Changing to Standard Time (EST)

Standard Time Begins on

November 2, 2025

“Fall Back”

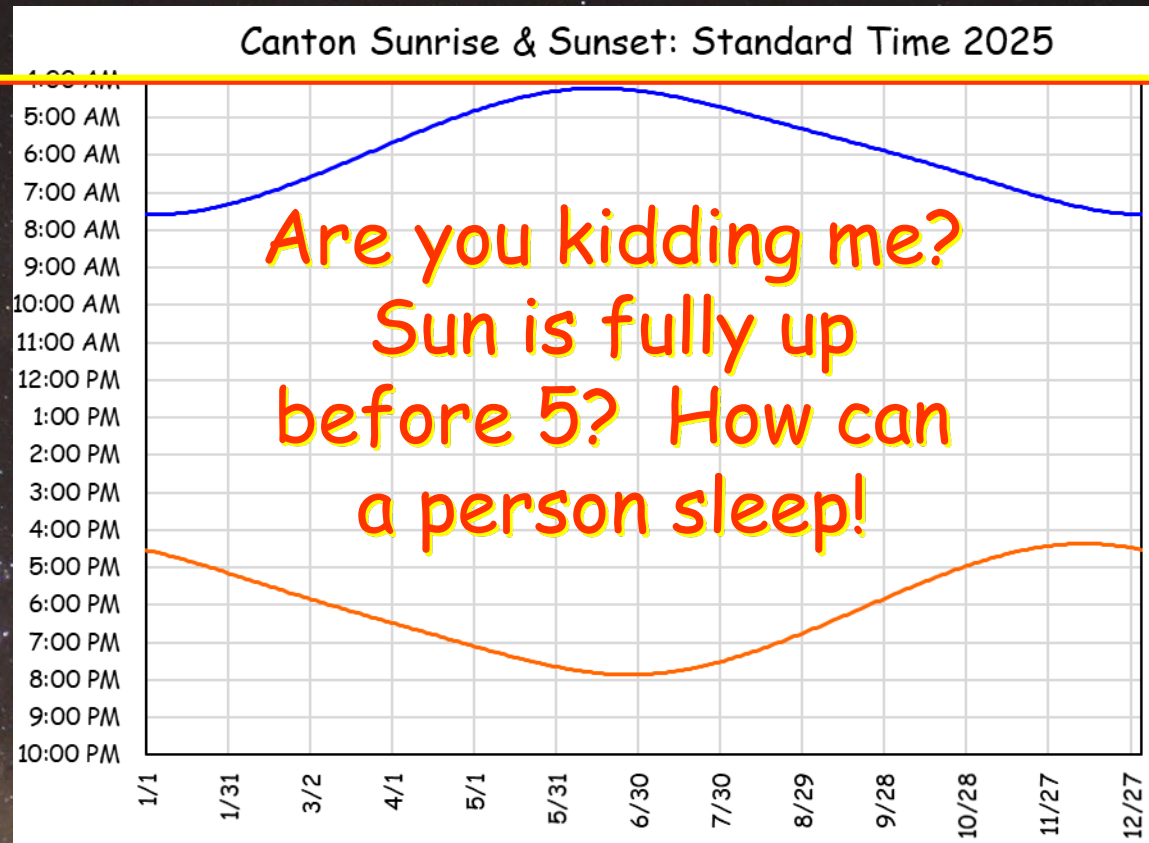
Why do we change the clocks??

☆ Humans prefer to rise around sunrise

🌐 Stay in standard time

› Summer sunrise at 4:13 am

Summer
EST Sunrise at
4:13 am.



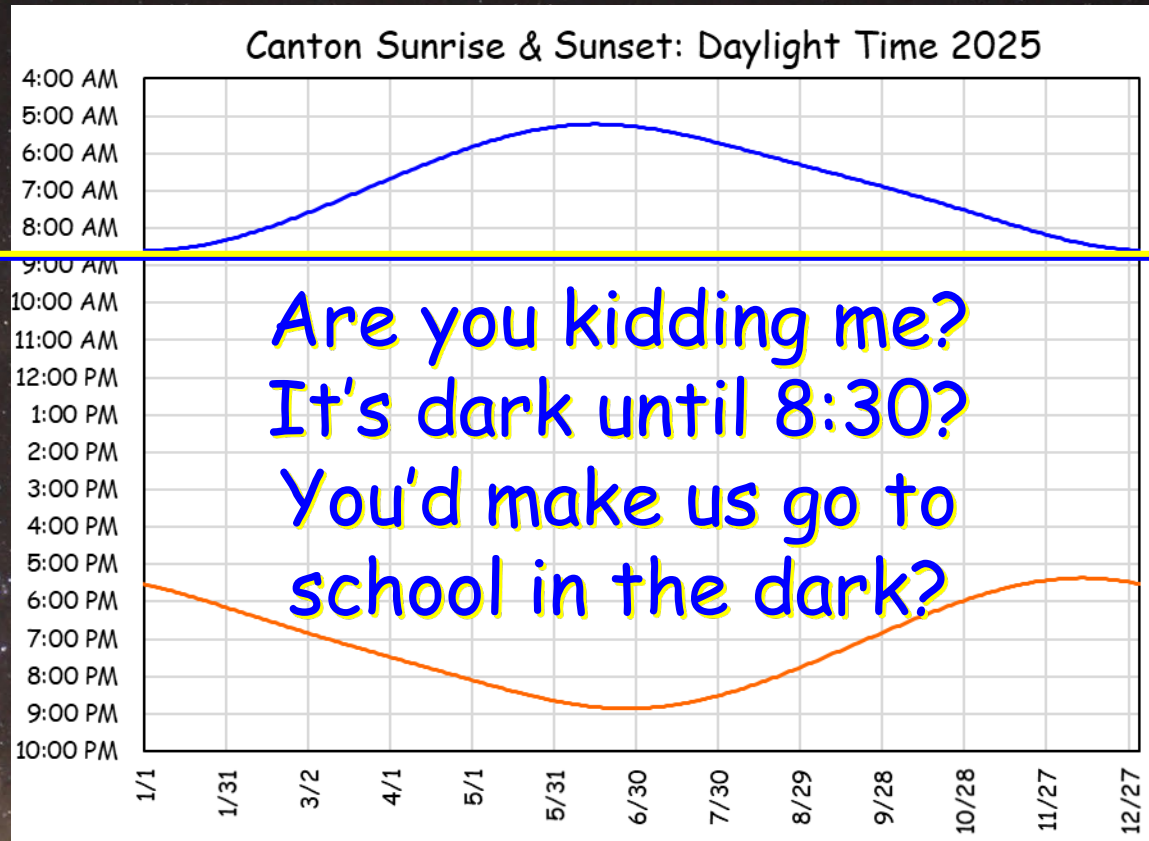
Why do we change the clocks??

☆ Humans prefer to rise around sunrise

🌍 Stay in daylight time (as in 1974!)

› Winter sunrise at 8:36 am

Winter
EDT Sunrise at
8:36 am.



Why do we change the clocks??

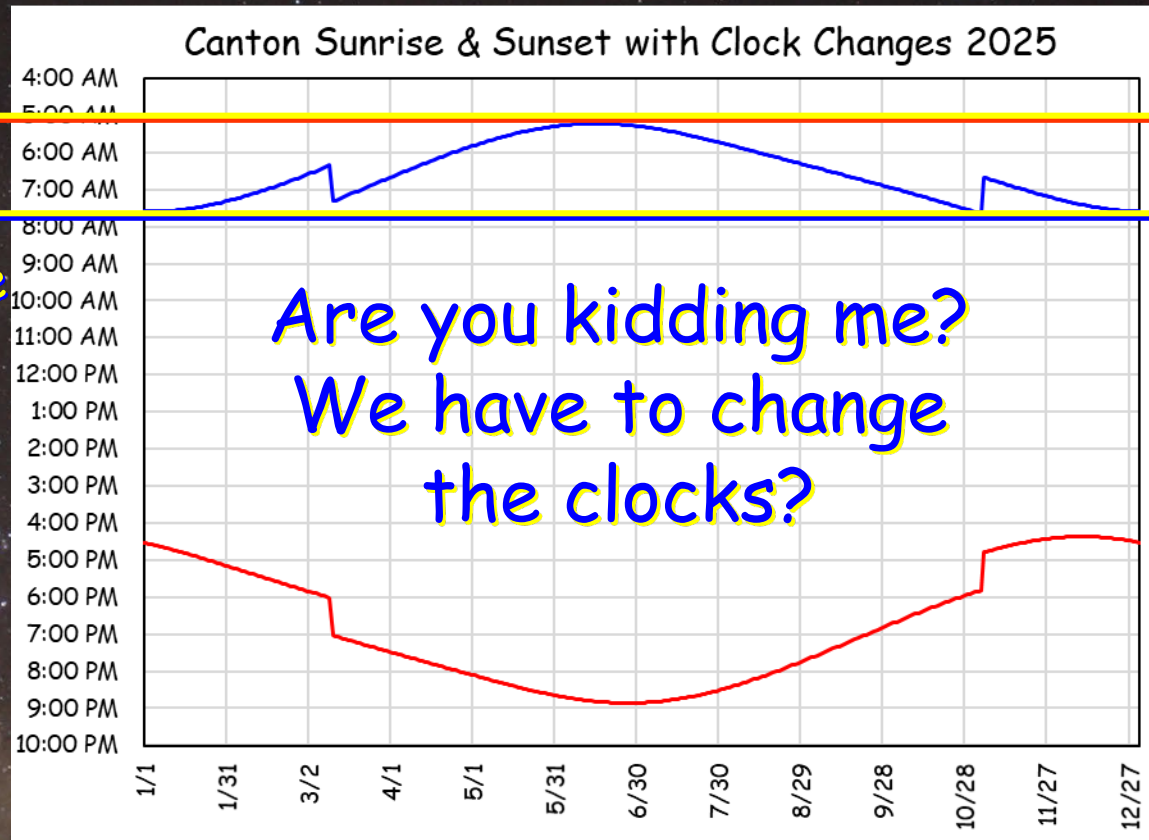
☆ Humans prefer to rise around sunrise

🌐 Changing clocks is the best compromise

› Summer sunrise 5:13 am, Winter sunrise 7:36 am

Summer
EDT Sunrise
at 5:13 am.

Winter
EST Sunrise
at 7:36 am.



Why do we change the clocks??

☆ Earth's tilt changes day length constantly

🌍 At 44.6° N (Canton) this means

› Shortest day (\sim 12/21) is 8h 49m long

› Longest day (\sim 6/21) 15h 37m long

› Difference = 6h 48m

🌍 On the equator, all days are 12h long

🌍 At 60° N, day length changes by 13 hours

› 18h 52m June, 5h 52m

🌍 On the arctic circle (66.5° N) day length goes from 24 hours of dark to 24 hours of light

Why do we change the clocks??

☆ We must cope with changing daylight

🌍 Standard time

- › Clock noon is solar noon
- › Sunset & sunrise symmetric about clock noon

🌍 Daylight time

- › 1 pm is solar noon
- › Sunrise & sunset shifted an hour later
 - ∩ More light in the evening, dark in the morning

🌍 Daydark time

- › 11 am is solar noon
- › Sunrise & sunset shifted an hour earlier

Yeah ... nobody does this, but it's an option!!
Yeah ... nobody does this, but it's an option!!

The compromise of
changing the clocks
seems to work best.

