



HR0750

LRB101 20559 MST 70177 r

1 HOUSE RESOLUTION

2 WHEREAS, Daylight Saving time began in Germany during World  
3 War I as an effort to conserve fuel; and

4 WHEREAS, Daylight Saving Time was instituted in the United  
5 States in 1918 under the title of "War time" and proved so  
6 unpopular that Congress abolished it when the war was over; and

7 WHEREAS, Local jurisdictions then had control over their  
8 clocks until the Uniform Time Act of 1966, which mandated  
9 standard time within time zones and instituted the practice of  
10 advancing clocks one hour in the spring and turning them back  
11 one hour in the fall; and

12 WHEREAS, In 1986, Congress amended the Uniform Time Act,  
13 moving the beginning of Daylight Saving Time from the last  
14 Sunday in April to the first Sunday in April; and

15 WHEREAS, Congress, as part of the Energy Policy Act of  
16 2005, moved the beginning of Daylight Saving Time to the second  
17 Sunday in March and the end to the first Sunday of November;  
18 and

19 WHEREAS, States were allowed to exempt themselves from  
20 Daylight Saving Time, resulting in a patchwork of time

1 differences throughout the nation, especially in states with  
2 multiple time zones, such as Indiana; and

3 WHEREAS, Uniformity of time among the states is essential  
4 for interstate commerce; and

5 WHEREAS, Numerous studies indicate that the biannual time  
6 change interferes with the body's circadian rhythm, affecting  
7 sleep cycles, stress levels, and drowsiness during the day; and

8 WHEREAS, A 2009 study in the Sleep Medicine journal  
9 indicated that it may take some people up to three weeks to  
10 adjust to the time change; and

11 WHEREAS, According to the American Journal of Cardiology,  
12 there is a ten percent increase in the number of heart attacks  
13 on the Monday following the time change; and

14 WHEREAS, A 2004 study in the Accident Analysis and  
15 Prevention journal estimated that instituting Daylight Saving  
16 Time permanently could save up to 366 lives due to a reduction  
17 in automotive accidents; and

18 WHEREAS, The rationale for switching clocks twice per year  
19 to aid in the war effort was laudable over 100 years ago, but  
20 modern and scientific research now clearly favors the

1 institution of Daylight Saving Time year round, eliminating the  
2 stress and negative health effects caused by changing clocks;  
3 therefore, be it

4 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE ONE  
5 HUNDRED FIRST GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that  
6 we believe that the United States should move away from  
7 biannual time change, instead instituting Daylight Saving Time  
8 permanently; and be it further

9 RESOLVED, That we urge the Congress of the United States of  
10 American to enact permanent Daylight Saving Time to minimize  
11 confusion and disruption to people's lives, wellness,  
12 transportation, and commerce; and be it further

13 RESOLVED, That a suitable copy of this resolution be  
14 presented to the President of the United States, the Secretary  
15 of the United States Department of Energy, and the  
16 Congressional Delegation of the State of Illinois.