



HR0118

LRB102 16853 ECR 22259 r

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HOUSE RESOLUTION

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

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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;
7 and

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

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

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

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WHEREAS, States were allowed to exempt themselves from

1 Daylight Saving Time, resulting in a patchwork of time
2 differences throughout the nation, especially in states with
3 multiple time zones, such as Indiana; and

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

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

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

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

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

20 WHEREAS, The rationale for switching clocks twice per year

1 to aid in the war effort was laudable over 100 years ago, but
2 modern and scientific research now clearly favors the
3 institution of Daylight Saving Time year round, eliminating
4 the stress and negative health effects caused by changing
5 clocks; therefore, be it

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

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

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