



Rep. Rodney Creech
40th Ohio House District

Chairwoman John, Ranking Member Brennan, and Members of the Ohio House State and Local Government Committee. Thank you for the opportunity to present sponsor testimony on House Concurrent Resolution 17, which would urge Congress to enact the Sunshine Uniformity Act of 2023, permanently transitioning us to Daylight Saving Time.

Under the Uniform Time Act of 1966, states can change to standard time but not daylight-saving time, which requires a change to federal law to transition to perpetual daylight-saving time. The main argument for choosing one or the other is that we simply no longer need the biannual tradition of changing our clocks. Each year from March to November our clocks set for daylight saving time. Meaning that for only a third of the year, over the winter, we use standard time. Switching to daylight saving time would increase the hours of sunlight in the evenings year-round and could help combat some mental health issues from the darker winter evenings we currently have on standard time.

Thank you for the opportunity to provide sponsor testimony. I would be happy to answer any questions you might have.