

4th House District

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Committees

Children & Human Services
Education
Finance
Joint Committee on Agency Rule Review
Workforce & Higher Education
Ranking Member

Representative Beryl Brown Piccolantonio 4th House District

Testimony to the House Government Oversight Committee
House Concurrent Resolution 10
May 6, 2025

Chair Hall, Vice Chair Ferguson, Ranking Member Humphrey, and members of the House Government Oversight Committee, thank you for inviting Representative Peterson and me to provide sponsor testimony for House Concurrent Resolution 10.

HCR 10 urges Congress to establish daylight saving time as the permanent standard time across the United States.

Currently, states are restricted from implementing permanent daylight saving time due to federal law, which mandates uniform application of time changes across all time zones. As part of this resolution, we strongly urge Congress to pass legislation such as the Sunshine Protection Act of 2025 (S. 29 and H.R. 139), which would allow permanent daylight saving time to be adopted nationwide.

This change would eliminate the need to set our clocks forward every spring and then behind each fall. Since March, we have been on eastern daylight time. An update to this policy would mean that we would remain on this time year-round.

My interest in this issue began when my kids were younger and they struggled to adapt to the clock changes twice a year. Their struggle often meant loss of sleep for me, which was a premium for a busy mom of three who worked outside of the house. I started researching and learned about all the negative health impacts switching the clock has on us so became even more curious about why we adjust the clock.

Daylight saving time was first adopted during World War I to support wartime industries and has been reinstated during various national emergencies, including World War II and the 1973 oil crisis. Today, we have the opportunity to modernize this practice and ensure that the benefits of daylight saving time are available to Americans year-round.

This resolution is not just about changing the clock—it is about seizing the opportunity to improve lives across the nation. Permanent daylight saving time would provide many benefits including increased evening daylight; more outdoor playtime for children; expanded economic opportunities; energy savings; improved traffic safety; reduced instances of stroke, heart attack and other serious health issues; and reductions in crime.

This is a matter of great importance for families, communities, and businesses alike, and it is critical that we act now. The transition to permanent daylight saving time could provide lasting positive impacts across the state of Ohio and nationwide.

Congress has made some progress towards making this a reality. In 2022, the U.S. Senate passed that year's version of the bill. Just last week, the Senate Commerce Committee took steps towards advancing this legislation once again. Demonstrating Ohio's enthusiastic backing of this policy could encourage our federal legislators to pass the Sunshine Protection Act into law.

Thank you for the opportunity to testify in support of this resolution. I will now turn it over to Representative Peterson. After he testifies, we would be happy to answer any questions from the committee.