

1 A RESOLUTION urging the United States House of Representatives to pass, and  
2 for President Joe Biden to sign, the Sunshine Protection Act of 2021.

3 WHEREAS, according to the United States Department of Transportation, daylight  
4 saving time saves energy and lives and reduces traffic injuries and crime; and

5 WHEREAS, since 2015, about 30 states have introduced legislation to end the  
6 twice-yearly changing of clocks; and

7 WHEREAS, the United States Senate adopted the Sunshine Protection Act of 2021  
8 unanimously by voice vote on March 15, sending the bill to the United States House of  
9 Representatives; and

10 WHEREAS, the House Energy and Commerce committee held a hearing on the  
11 issue last week, where Representative Frank Pallone, the committee's chairman, said,  
12 "The loss of that one hour of sleep seems to impact us for days afterwards. It also can  
13 cause havoc on the sleeping patterns of our kids and our pets."; and

14 WHEREAS, Representative Pallone cited a 2019 poll that found 71% of Americans  
15 prefer to no longer switch their clocks twice a year; and

16 WHEREAS, in one 2017 study from Denmark, scientists analyzed a psychiatric  
17 database of more than 185,000 people from 1995 to 2012, finding that the fall transition  
18 to standard time was associated with an 11 percent increase in depressive episodes, an  
19 effect that took 10 weeks to dissipate, and that the spring switch had no similar effect;  
20 and

21 WHEREAS, permanent daylight saving time would benefit Kentuckians by  
22 providing more afternoon daylight hours throughout the year, allowing for more time for  
23 recreation, spending time with family and friends, and supporting local businesses;

24 NOW, THEREFORE,

25 ***Be it resolved by the House of Representatives of the General Assembly of the***  
26 ***Commonwealth of Kentucky:***

27 ➔Section 1. The House of Representatives hereby urges the United States House

1 of Representatives to adopt the Sunshine Protection Act of 2021 to permanently adopt  
2 daylight saving time.

3       ➔Section 2. The House of Representatives hereby urges President Joseph R.  
4 Biden, Jr., to sign the Sunshine Protection Act of 2021 into law to permanently adopt  
5 daylight saving time.

6       ➔Section 3. The Clerk of the House of Representatives is directed to transmit a  
7 copy of this Resolution to: the Honorable Joseph R. Biden, Jr., President of the United  
8 States, 1600 Pennsylvania Avenue NW, Washington, D.C. 20500; Representative Frank  
9 Pallone, Jr., 2107 Rayburn HOB, Washington, D.C. 20515; and each member of the  
10 Kentucky congressional delegation.