

MAR

13

1 hour Forward

Mar 13, 2022, 2:00 am



Mar 13

Forward 1 hour



Mar 13, 2022 - Daylight Saving Time Starts

When local standard time is about to reach

Sunday, March 13, 2022, **2:00:00 am** clocks are turned **forward** 1 hour to

Sunday, March 13, 2022, **3:00:00 am** local daylight time instead.

Sunrise and sunset will be about 1 hour later on Mar 13, 2022 than the day before. There will be more light in the evening.

Also called [Spring Forward](#), [Summer Time](#), and [Daylight Savings Time](#).



Nov 6

Back 1 hour

Nov 6, 2022 - Daylight Saving Time Ends

When local daylight time is about to reach

Sunday, November 6, 2022, **2:00:00 am** clocks are turned **backward** 1 hour to

Sunday, November 6, 2022, **1:00:00 am** local standard time instead.

Sunrise and sunset will be about 1 hour earlier on Nov 6, 2022 than the day before. There will be more light in the morning.

Also called [Fall Back](#) and [Winter Time](#).