



**Mar 8**

Forward 1 hour

## Mar 8, 2020 - Daylight Saving Time Starts

When local standard time is about to reach

Sunday, March 8, 2020, **2:00:00 am** clocks are turned **forward** 1 hour to Sunday, March 8, 2020, **3:00:00 am** local daylight time instead.

Sunrise and sunset will be about 1 hour later on Mar 8, 2020 than the day before. There will be [more light in the evening](#).

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



**Nov 1**

Back 1 hour

## Nov 1, 2020 - Daylight Saving Time Ends

When local daylight time is about to reach

Sunday, November 1, 2020, **2:00:00 am** clocks are turned **backward** 1 hour to Sunday, November 1, 2020, **1:00:00 am** local standard time instead.

Sunrise and sunset will be about 1 hour earlier on Nov 1, 2020 than the day before. There will be [more light in the morning](#).

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

