

DAYLIGHT SAVINGS TIME BEGINS

2026

DAYLIGHT SAVINGS TIME

3 AM on Sunday, MARCH 8, 2026
SPRING FORWARD



Clocks will be set one (1) hour AHEAD!

Photo by Insung Yoon in Unsplash

Daylight Savings Time Begins for “Spring Forward” on Sunday, March 8, 2026, at 3 AM in the morning.

Be sure to set your clocks an hour ahead before you retire on Saturday evening, March 7, 2026.

Sunrise and sunset will be about 1 hours later on March 8, 2026 than the day before. There will be more light in the evening and less light in the morning.

[SOURCE](#)