**MEDIA RELEASE**

5 April 2024

Daylight Saving ends Sunday

New Zealand Daylight Saving will end this Sunday. New Zealand will turn the clocks back 1 hour to “New Zealand Standard Time” on 7 April 2024 at 3:00am, when 3:00am becomes 2:00am. Chatham Islands will turn their clocks back 1 hour to Chatham Standard Time at 3:45am, when 3:45am becomes 2.45am.

People may find it convenient to put their clocks back by one hour before going to bed on Saturday, 6 April.

Most New Zealanders should experience a seamless transition, with modern electronic devices adjusting automatically. However, older devices may need to be adjusted manually. While adjusting clocks and devices, it is a good time to check emergency plans, survival kits and smoke alarms.

Daylight Saving runs from the last Sunday in September to the first Sunday in April. This year Daylight Saving will begin again on 29 September.

**Fun facts about Daylight Saving:**

* Many publications credit the Daylight Saving Time proposal to English builder and outdoorsman William Willett, who proposed DST in 1905. However, modern Daylight Saving Time was first proposed in 1895 by New Zealand entomologist George Hudson, who valued daylight hours as he enjoyed collecting insects after work. In 1895, Hudson proposed the idea of changing clocks by two hours every spring to the Wellington Philosophical Society, who ridiculed his idea.
* If you are working when Daylight Saving begins and the clocks go forward, you actually work an hour less, but you are entitled to payment for your normal hours. For example, if you were meant to work from midnight to 8am you will only work 7 hours, but you are entitled to be paid for 8 hours of work. If you are working when Daylight Saving ends and clocks go back an hour, you are entitled to any extra hours that you work. For example, if you were meant to be working from midnight to 8am, you actually work 9 hours and you are entitled to be paid for 9 hours of work.

**Further information on Daylight Saving time**

[**Governing legislation**](https://www.govt.nz/browse/recreation-and-the-environment/daylight-saving/governing-legislation/) - Our timezone, the daylight saving dates and the rules around what happens if you are working when the clocks change are governed by 2 pieces of legislation.

[**History of daylight saving in NZ**](https://www.govt.nz/browse/recreation-and-the-environment/daylight-saving/history-of-daylight-saving-in-nz/) - New Zealand first introduced daylight saving time in 1927. The current times have been fixed since 2007.

[**Public attitudes to daylight saving**](https://www.govt.nz/browse/recreation-and-the-environment/daylight-saving/public-attitudes-to-daylight-saving/) - The 2008 survey found that 82% of New Zealanders approved of the 2007 extension to the period of daylight saving time.

See the [New Zealand Government](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.govt.nz%2Fbrowse%2Frecreation-and-the-environment%2Fdaylight-saving&data=05%7C01%7CWebUpdates%40dia.govt.nz%7Cb8f7273caac84af4a25b08dbbaf58dab%7Cf659ca5cfc474e96b24d14c95df13acb%7C0%7C0%7C638309336028053112%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=HUL6EHDE%2Bie%2BOSIhc%2FdLKl%2F4LZ6GPcOGrXblR%2Bg%2Feb8%3D&reserved=0) website for more information.

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