



**Mark Speakman**  
Attorney General

## MEDIA RELEASE

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### **DON'T BE ALARMED - IT'S TIME FOR DAYLIGHT SAVING**

The light at the end of the tunnel isn't just the coming reduction in COVID-19 restrictions with high vaccination rates, it's also the lengthening light at the end of the day.

Attorney General Mark Speakman is reminding NSW residents the time for change has come with the clocks moving forward on Sunday, 3 October at 2am.

"With spring in the air, the start of daylight saving marks the finest hour for many people. However, with [Public Health Orders](#) still in place, I encourage people in NSW to enjoy the lighter evenings responsibly to keep the community safe," Mr Speakman said.

Most electronic devices automatically update to daylight saving time, but anyone with a manual clock or watch should wind it forward by one hour before going to bed on Saturday night.

Daylight saving starts on the first Sunday in October and finishes on the first Sunday in April.

"The shortened night usually occurs during the October long weekend, meaning those who have the benefit of the public holiday have an extra day to make up for that lost hour's sleep," Mr Speakman said.

Victoria, South Australia, Tasmania and the ACT will also be resetting their clocks whether it is done manually or automatically. There is no change to the time in Queensland, Western Australia and the Northern Territory, where daylight saving time is not observed.

Daylight Saving Time is legislated in NSW under the [Standard Time Act 1987](#) and applies to the whole of the state (with some special circumstances for Broken Hill and Lord Howe Island). For more information visit [www.justice.nsw.gov.au](http://www.justice.nsw.gov.au).