



**Mark Speakman**  
Attorney General  
Minister for the Prevention of Domestic Violence

## **MEDIA RELEASE**

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### **THE MARCH OF TIME RETREATS IN APRIL**

Time turns back early on Sunday morning, as daylight saving ends once more, bringing brighter mornings earlier – at least according to our clocks.

Attorney General Mark Speakman reminded the people of NSW daylight saving ends this weekend and to ensure they update their clocks.

“These days, technology updates most of our devices automatically at the official end of daylight saving. That happens at 3.00am on Sunday morning, 5 April when the clock winds back to 2.00am. Analogue devices should be turned back an hour before bed,” Mr Speakman said.

“Returning to Eastern Australian Standard Time enables residents across NSW to make the most of the natural light as the days become shorter.

“In these days of social distancing and self-isolation, many will find the extra hour’s sleep in on Sunday morning very welcome.”

As daylight saving comes to a close, the sun doesn’t rise until around 7.00am meaning many morning alarms are going off in darkness.

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

This same period of daylight saving is observed in Victoria, South Australia, Tasmania and the ACT.

Queensland, Western Australia and the Northern Territory do not change their clocks. Daylight saving has been in effect in New South Wales continuously since 1971.

For more information about daylight saving in NSW and to see future dates when clocks will change, [visit the website](#).

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