Press Release (#151-26) | **CITY OF MARATHON**
9805 Overseas Highway Marathon, Florida 33050
305-743-0033

For Immediate Release:

Return to Standard Time on Sunday, Nov. 1, at 2 a.m.

MARATHON, FL (Oct. 30, 2026) – Remember that hour of sleep you lost to Daylight Saving Time back in March? It's coming back to you at 2 a.m. on Sunday, Nov. 1, when Standard Time returns to the United States.



While cellphones and other internet-connected devices will automatically fall back to 1 a.m., many people will have to reset their alarm clocks, microwave ovens and other devices and appliances not connected to the internet.

Whether you are able to enjoy that extra hour of sleep or have to spend it resetting all of those items that didn't updated on their own, keep in mind you'll repeat this exercise, first in March 2027 when the nation returns to Daylight Saving Time, and again on Nov. 7 next year.

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