Time Zones of the United States

Pacific UTC−8 · DST UTC−7 **Mountain** UTC−7 · DST UTC−6 **Central** UTC−6 · DST UTC−5 **Eastern** UTC−5 · DST UTC−4 **Alaska** UTC−9 · DST UTC−8

Hawaii–Aleutian UTC−10 · Hawaii no DST · W. Aleutians DST UTC−9



Split states are coloured by their main zone. Hatched: no daylight saving. Daylight saving 2026: March 8, 2026 – November 1, 2026.

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