

Sunrise - Sunset for 2026

Eastern Standard Time approximate for Central Connecticut and
adjusted for Daylight Savings Time (**March 8 through Nov. 1**).

Source: NOAA Global Monitoring Laboratory <https://gml.noaa.gov/grad/solcalc>

Location: Latitude 41.76314 Longitude -72.67872 Time Zone Offset: America/New_York -4.0

Date	Jan		Feb		Mar		Apr		May		June		July		Aug		Sept		Oct		Nov		Dec	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
1	7:18	4:31	7:03	5:06	6:25	5:41	6:33	7:16	5:47	7:49	5:18	8:19	5:20	8:29	5:45	8:08	6:17	7:24	6:48	6:32	6:23	4:45	6:58	4:21
2	7:18	4:32	7:02	5:08	6:24	5:42	6:32	7:17	5:46	7:50	5:18	8:20	5:20	8:29	5:46	8:07	6:18	7:22	6:49	6:31	6:24	4:44	7:00	4:21
3	7:18	4:33	7:01	5:09	6:22	5:44	6:30	7:18	5:44	7:51	5:18	8:21	5:21	8:29	5:47	8:06	6:19	7:21	6:50	6:29	6:25	4:43	7:01	4:20
4	7:18	4:34	7:00	5:10	6:21	5:45	6:28	7:20	5:43	7:52	5:17	8:21	5:21	8:29	5:48	8:05	6:20	7:19	6:51	6:27	6:27	4:41	7:02	4:20
5	7:18	4:34	6:59	5:11	6:19	5:46	6:27	7:21	5:42	7:53	5:17	8:22	5:22	8:28	5:49	8:04	6:21	7:17	6:52	6:26	6:28	4:40	7:03	4:20
6	7:18	4:35	6:57	5:13	6:17	5:47	6:25	7:22	5:41	7:55	5:17	8:23	5:23	8:28	5:50	8:02	6:22	7:16	6:53	6:24	6:29	4:39	7:03	4:20
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