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## **Difference Between Eastern Daylight Time (EDT) and Eastern Standard Time (EST)**

1. The abbreviation for Eastern Standard Time is EST and the abbreviation for Eastern Daylight Time is EDT.
2. The Eastern Standard Time is applicable in the fall-winter season and the Eastern Daylight Time is applicable in the summer-spring season.
3. The Eastern Standard Time comes into effect at 2 am on the first Sunday of November whereas the Eastern Daylight Time comes into effect at 2 am on the second Sunday of March.
4. The Eastern Standard Time is followed by the eastern part of the world, whereas the Eastern Daylight Time is not followed in the southern parts of the world.
5. The Eastern Standard Time is 1 hour behind the Eastern Daylight Time.
6. The Eastern Standard Time is 5 hours behind coordinated universal time, but on the other hand, the Eastern Daylight Time is 4 hours behind the coordinated time.



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Source and more details: <https://askanydifference.com/difference-between-eastern-daylight-time-edt-and-eastern-standard-time-est/>