The Equation of Time is defined as the difference between Universal Mean Time and Local Apparent Time at the Greenwich Meridian.

Local Apparent Time is based on the exact position of the Sun in the sky.

A Sundial for example indicates **Local Apparent Time**. Mean & Apparent Time are different because of two main reasons:

- The eccentricity of the Earth's orbit causes the Earth to speed up or slow down in different parts it's annual elliptical orbit around the Sun (**Kepler's Second Law\***), so we get ahead of or behind where we would be if the Earth's orbit was a perfect circle.
- The Earth's axis is tilted to it's orbit, and so the Sun's apparent motion along the (tilted) Ecliptic has a varying effect when viewed along the Equatorial plane (which clocks use).

The rate of change in the value of **The Equation of Time** varies throughout the year from a maximum of around 30 seconds per day to a minimum of less than 1 second per day.

\* Kepler's Second Law: A line joining the Earth to the Sun sweeps out equal areas in equal times as the Earth moves in it's elliptical orbit.

