

# Coordinated Universal Time ( UTC)

[@wikipedia](#)

The primary [time standard](#) by which the world regulates clocks and time.

It is within about 1 second of [mean solar time](#) at [0° longitude](#),<sup>[1]</sup> and is not adjusted for [daylight saving time](#).

In some countries where English is spoken, the term [Greenwich Mean Time](#) (GMT) is often used as a synonym for UTC and predates UTC by nearly 300 years.

## Reference

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[GMT](#)