

JavaScript Date & Time Cheatsheet

JavaScript Date & Time - Cheatsheet

UTC (Coordinated Universal Time)

- Standard universal time, used in APIs, databases, and systems like ISS.
- 'Z' in ISO strings = UTC.

Basic Usage

```
const myDate = new Date();
```

Common Methods

- `myDate.toISOString()` -> UTC ISO string (e.g., 2025-05-02T19:34:51.292Z)
- `myDate.toJSON()` -> Same as `toISOString()`
- `myDate.toLocaleString('en-GB')` -> Local readable string (e.g., 03/05/2025, 06:30 PM)
- `myDate.toLocaleDateString()` -> Only date part
- `myDate.toString()` -> Full local time string
- `myDate.toUTCString()` -> Full UTC time string

Extracting Components

- `getFullYear()`, `getMonth()`, `getDate()`, `getDay()`
- `getHours()`, `getMinutes()`, `getSeconds()`
- `getTimezoneOffset()` -> Minutes difference from UTC

Real-World Use Cases

Backend Communication

- Dates sent/received in UTC ISO format

UI Display

- Dates shown in user's locale

Timezone Management

- UTC storage, local display

Scheduling

- Alarms, calendars, reminders

Date Comparisons

- Subtracting dates to get duration

Forms & Inputs

- `<input type="date">` uses Date parsing

Logging

- Store UTC time for consistency

Database Integration

- Store and parse UTC timestamps

Note:

- Always parse backend dates with `new Date(isoDate)`
- Display using locale for best user experience