

Instant

The Instant class is designed to only represent a point in time, or a timestamp.

Internally, it stores a value in nanoseconds, from the fixed epoch time of 1970-01-01Z.

As such, an Instant can't be formatted as a date or time, without providing time-zone information.

When printed, Z is used as the suffix, to indicate this timestamp, is in reference to UTC.

This allows for comparisons, regardless of time zones or operating systems, which is why it's an effective timestamp.