Ancient and future values for Length of Day (LOD)

Invention of telescope

Integrated values of $\Delta T$ in 0.5 h increments

Integrated values of $\Delta T$ in 1 h increments

LOD increase
2.3 ms/cy
1.8 ms/cy
1.4 ms/cy

Ancient and future data from Morrison, Stephenson, Hohenkerk, Zawilski (2020)

Recent data from IERS Paris C04

Steve Allen https://www.ucolick.org/~sla/leapsecs/

longer LOD means earth rotating more slowly