



**ACHED**  
Citizens' Association  
for an Equitable and  
Sustainable time, for the  
end of double summer  
time since 1983

**Translated EN Press Release: February 20, 2021**  
**"Skip the time change of March, it will do France good" Call for help on the French from ACHED.**

About Covid19, Health, Climate and clocks, one can wonder "what's the deal with our leaders?" The citizens' association ACHED pleads to them: "**Skip the time change in March, it will do France good**".

**ACHED calls on the French for help.** To save lives from depression, suicide, diabetes, cancer, Alzheimer's, and even violence, accidents and covid. To help save the planet by reducing pollution and carbon emissions simply and quickly. ACHED calls: "**French people, please ask with us to skip the March time change!**"

ACHED, Citizens' Association for an Equitable and Sustainable Time, for the end of the so-called double summer time (double DST of France) since 1983, asks each year to cancel the March change of time and this year it is even more necessary. The covid pandemic is locking France at home while it is daylight well after the official 6 p.m curfew time. Sleep deprivation due to the time change and then to the time advance weakens people **in their fight against Covid19 disease**. Worries grow also about climate, and DST is bad news **for the climate too**.

ACHED tells the French people to **not be fooled by 2018 and 2019 public polls**. Those have neither honor nor value. The so-called double summer time in winter is an absurd and murderous idea whose impact was not communicated to the respondents. Instead **they should have been told that the so-called winter time UTC + 1 is a good deal for health, against covid19, and for the climate**. UTC + 1 all year round is what France was still living happily in 1975. Natural Standard time, UTC + 0, also frequently called Greenwich time, that our English neighbors still have, is what France observed until 1940 and could even be better,

**In June, if the curfew is still in place, the French might feel like Uyghurs from China who are unfortunate to have spindles set forward about two hours all year round.**

In March already, in Paris, the night will not be complete until 8 p.m. legal time, which will become 9 p.m. after the time change if we switch again to UTC + 2, the double summer time, proper rather to Ukraine than France. In Brest, Brittany (west of France) it will be 8:30 p.m. legal time then 9:30 p.m.

At the beginning of April in addition to losing an hour of sleep, in the morning, it will not be daylight in Paris until 7:30 am legal time while we will have had a taste of Spring at the end of March with the sun at 6:40 am.

ACHED was founded in 1983 to call for the end of so-called double summer time imposed in 1976, temporarily, French people were told. Summer time (DST) injustices have existed since 1916 in France, and the trend is towards worse, historically in 1940, 1945, 1976 and 1996. ACHED says "**Let's stop this and turn back to a more natural time**" starting as soon as possible, March 2021 would be best. **If the time change still occurs in March, ACHED says to keep asking** for an immediate clock dial back and importantly no time change in March 2022. ACHED wants to show perseverance and a positive attitude.

**All our wishes to France , for a good spring time, a spring natural time, without change of time.**

As a guide to:

- sign the right petitions: <https://www.ached.fr/page/1228473-petitions>
- subscribe to our newsletter: <https://www.ached.fr/page/1364419-news>
- write letters with references: <https://www.ached.fr/page/1318176-lettres-pub>
- give your opinion : <https://www.ached.fr/page/1364417-opinions>