

Press Release in English
October, 30 2024

British Sleep Society says to stop changing clocks and stay at standard time, ACHED adds health costs if summertime time picked instead

8 | CONSENSUS POSITION STATEMENT OF THE BSS

The British Sleep Society strongly recommends the restoration of permanent Standard Time (GMT) in the UK.



ACHED
French Citizens' Association
for an Equitable and Sustainable time,
Since 1983 for the end of
double DST in France
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In a nutshell, British Sleep Society says to stop changing clocks and stay at standard time; ACHED adds additional health costs estimates if summertime time is picked instead.
“The British Sleep Society strongly recommends the restoration of permanent Standard Time (GMT) in the UK “
The society and its authors practically warn about the foolish choice of staying year round at summer time as proposed as an option by the EU commission in 2018 and the EU Parliament in 2019.

As of October 23, 2024, the British scholarly society “British Sleep Society” issued a position paper in the renowned Journal of Sleep Research
“The British Sleep Society position statement on Daylight Saving Time in the UK”
<https://onlinelibrary.wiley.com/doi/10.1111/jsr.14352> (open access)

This position statement is supported by the following organizations and networks: The Irish Sleep Society, British Paediatric Sleep, Society Capella (Sleep Action), The Sleep Charity, The British Society of Pharmacy , Sleep Services Circadian Mental Health Network. **ACHED thanks the journal of Sleep Research, the supporting organizations, the British Sleep Society and authors:**

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The position paper documents the UK situation where England is practically in the **same natural time zones as France**. Additionally the UK extends more West and North, and has Ireland in consideration.

The position paper lists many recent studies and in particular the Giuntella (2019) study that ACHED refers to since 2019

- **Press Release May, 20 2019** / Communiqué du 20 mai 2019 (EN / [FR](#))

-EN: [Delayed bedtime because of delayed Sunset time. Health and Economic impacts in the US](#)

It is in line and reinforcing the 2019 chronobiologists letters to European Union

Document ACHED, September 24, 2019 <http://www.heure-ete.net/RS20190924FREN.pdf>

On the matter, ACHED is always grateful to the French and European chronobiologists who stood up since 2019 to affirm the opportunity of standard time vs the foolishness of forwarded clocks: [Claude Gronfier](#), [Joëlle Adrien](#), [Sylvie Royant-Parola](#), [Etienne Challet](#), [Martine Migaud](#), [Valérie Simonneaux](#), [Till Roenneberg](#) and many more we don't have space here to list.

Obviously as France is near to the same meridian than London (Greenwich Meridian), plus as United Kingdom has interest staying at UTC+0 (GMT), France has an interest / opportunity staying at UTC+1 and even a bigger opportunity joining the UK / England at UTC+0.

ACHED's president Laetitia Moreau-Gabarain shares additionally the perspective of Giuntella and Mazzonna's study applied to UK:

For France, ACHED estimates at 100 euros / person, aka about 7 billion euros / year the additional health care spending of a UTC+2 summer time vs a UTC+1 summer time.
For UK, with a similar population, the figure is also 7 billion euros / year for the cost of choosing UTC+1 summertime year round vs UTC+0 standard time.

ACHED FR Association Citoyenne Heure Equitable et Durable Formerly Association Contre l'Heure d'Été Double

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