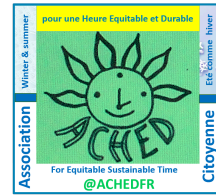


March 19, 2025

## PRESS RELEASE

**Public opinion rejects  
daylight saving time  
according to Gallup polls**



**ACHED**

Citizens' Association  
for an Equitable and Sustainable Time, for  
the end of double DST since 1983

**@ACHEDFR**

**ACHED, a French association founded in 1983, calls for an end to daylight saving time in France and finds support in the Gallup poll of Americans, where it sees that public opinion overwhelmingly rejects daylight saving time, whether permanent or seasonal.**

The evolution is clear. In the 1990s, more than 70% of Americans still supported the daylight saving time system. In 2025, less than 40% are still favorable and more than 50% are unfavorable.

There are differences by age group, political orientation, income group and education level. Most supportive are Republicans, lower income brackets and non-college education levels. However, a strong similarity is found between 18-44 year olds and those over 45, who are in favor of the summer time system at 39% and 41% respectively, but mostly unfavorable at 54% on average.

Faced with the tripartite choice: year-round summer time, seasonal summer time or year-round standard time, **standard time comes out on top** at 48%, which is more than the sum of the other choices: 24% for year-round summer time and 19% for seasonal summer time. It is also slightly more than in 1947 and 1946. Seasonal summer time is very little chosen (only 19%), while it reached 30% in the 1940s. Also Permanent DST is slightly more chosen than in the 40s. A possible explanation is that the post war population was more aware of the harmfulness of permanent DST that was maintained from February 42 to September 1945, and with some amnesia time changes.

**One might wonder what the results would have been:**

- If the choice polled was **simply** daylight saving time or standard time. We would **expect that standard time emerges even more assertively.**
- If the choice had been **within the French framework**: daylight saving time of 2 hours (summer time) or daylight saving time of 1 hour (winter time). **We would expect that the earlier time is popular.**

We note that the survey was carried out in January 2025, at a time when Americans are well placed to think about the **most suitable time in winter**, rather than being influenced by the perception of summer and having forgotten the effect of Spring forward.

**ACHED therefore calls on French decision-makers to consider this data and restore UTC+1 time all year round, and even restore UTC+0 if the government urgently wants to maximize the health benefit and the reduction in carbon emissions which are accelerating the climate catastrophe.**

Chronobiology experts and economists agree that keeping the time closer to solar time would be more beneficial. The ACHED relies in particular on the Giuntella study (2019), which estimates the additional costs linked to an earlier one hour time at around 100 euros per person per year in terms of health alone, i.e. an overall impact of several billion euros.

**About ACHED The Citizens' Association for a Fair and Sustainable Time (ACHED), formerly the Association Against Double Summer Time, has been campaigning since 1983 for the end of the time change and the reduction in the advancement of legal time.**

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Reference Gallup Poll: "More than half of Americans want daylight saving time eliminated - About half of adults in the United States prefer standard time year-round."

<https://news.gallup.com/poll/657584/half-daylight-saving-time-sunsetted.aspx>

Excerpts

