

#BackTowardsSolarTime : ACHED calls on Emmanuel Macron to correct a historical error
(#RetourVersLeFuseau : l'ACHED appelle Emmanuel Macron à corriger une erreur historique)

The Association ACHED **Citizens' Association for an Equitable and Sustainable Time (ACHED)** addresses an **open letter to President Emmanuel Macron** to ask for the **end of time changes** and the **return to a more natural time** (UTC+1 or UTC+0), more respectful of **public health**, and necessary for our **carbon emissions reduction targets**.

Why act now?

→ The current legal time (UTC+1 in winter, UTC+2 in summer) is a **chronic daylight saving time**. It disrupts our biological rhythms, reduces our sleep, degrades health, and **increases our energy consumption as well as our carbon emissions which are harmful to the climate**

→ The current project to eliminate time changes risks failing or even worse **freeze UTC+2 all year round**, which would make the situation even worse.

→ L'ACHED alerts on a **climatic and health double fault** :

Evaluation of the estimated impacts of the current system :

- **Additional health care costs: €7 billion per year**
- **Calculated avoidable CO₂ emissions:**
 - 777,000 t (overconsumption linked to healthcare)
 - 588,000 t (heating/air conditioning)
 - 388 000 t (car fuel)→ **Total: 1.753 million tons of CO₂/year**
- **Other additional CO₂ emissions not calculated: how many tens of millions tons of CO₂/year?** related to sleep loss. **We sleep less, we consume more since we are awake longer (14-20% in 50 years decrease of sleep time).**

A complete opposite of the ADEME 2010 report (which announced 30 to 100,000 tons of CO₂ saved with the “time changes” established in 1976).

ACHED requests :

- ✓ The end of time changes
- ✓ The return to a more natural time (UTC+1 or UTC+0)
- ✓ The integration of this opportunity into the SNBC and the PPE
- ✓ The retraction of the ADEME 2010 report, obsolete and still cited and pernicious
- ✓ The abandonment of any permanent UTC+2 project

Complete letter + sources : www.heure-ete.net/lettre20250324EM.pdf

English version: : www.heure-ete.net/letter20250324EM.pdf

Contact presse : achedinfo@gmail.com – +33 9 77 19 91 14

Citizen petition : [on change.org](https://onchange.org) #RetourVersLeFuseau

[Sign if you're tired of changing time and want the right time](#)

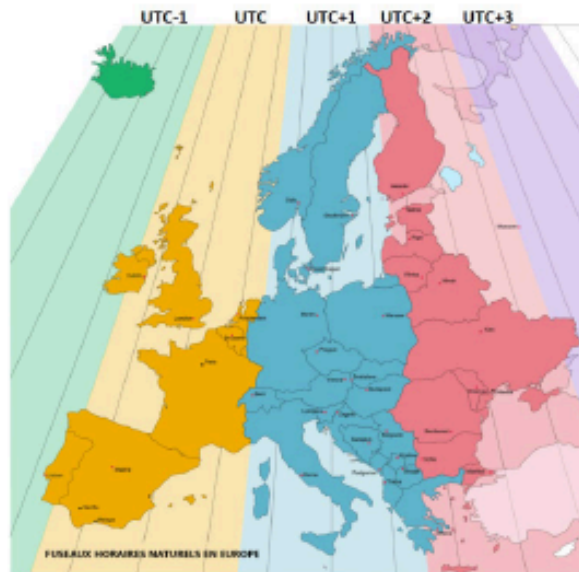
Association Citoyenne pour une Heure Équitable et Durable

Priorly Association Contre l'Heure d'Été Double et pour la réduction des avancements de l'heure, founded in 1983. <https://www.ached.fr/> (To support), heure-ete.net (Press Releases)



Appendix 1 the European Time Zones

Washington 1884 Treaty



France on UTC+0, the time of the **Greenwich meridian** that runs through France

Translation note: Fuseau horaire in French is time zone in English while literally meaning time spindle or slice

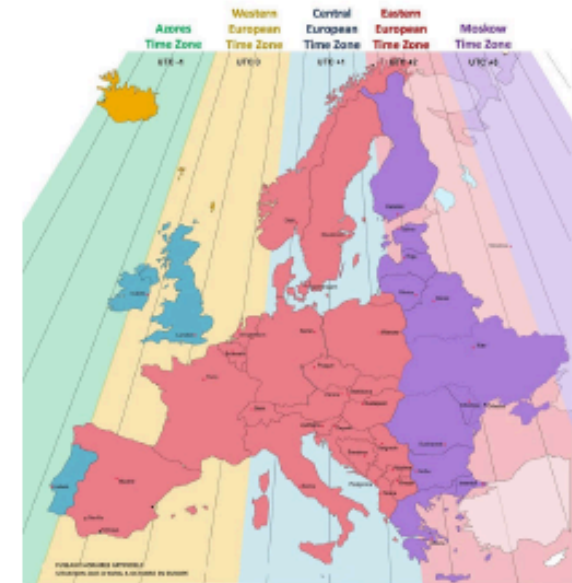
Presently during winter
In France since 1945



France, Spain, the Netherlands, Belgium, and Luxembourg were shifted to UTC+1 corresponding to the solar time of 15°E. meridian that runs through Vienna in Austria.

Translation note: Seasonal Summertime or DST

Presently during summer
In France since 1976

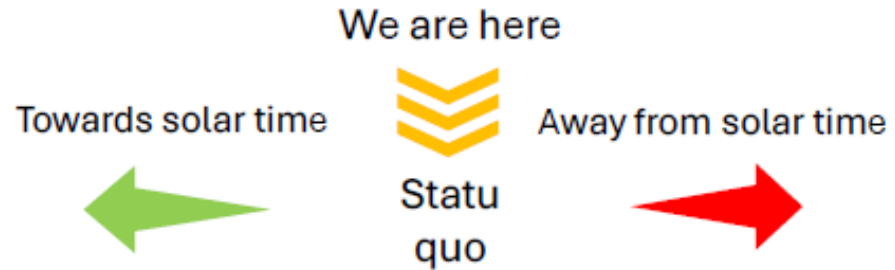


France at UTC+2, the solar time of **30°E meridian** that runs close to Kiev in Ukraine

Translation note: Seasonal Double Summertime or DST






Appendix 2

Time arrangements for France:
 Status quo, Towards or Away from solar time



Arrangements possible for France in Theory	Permanently in its natural time zone	During the summer in the German natural time zone	Permanently in the German natural time zone	During the Summer in the Ukrainian natural time zone	Permanently in the Ukrainian natural time zone
WINTER	UTC+0	UTC+0	UTC+1	UTC+1	UTC+2
SUMMER	UTC+0	UTC+1	UTC+1	UTC+2	UTC+2
Time changes	NO	YES	NO	YES	NO



	UTC+0 / 365	UTC+1 In the Summer	UTC+1 / 365	UTC+2 In the Summer	UTC+2 / 365
					
	Like in 1916	Like in 1936	Like in 1975	Since 1976	Never we hope!
	Natural time	Seasonal DST*	Permanent DST	Seasonal Double DST	Permanent double DST



UTC+0
/ 365



UTC+1
In the Summer



UTC+1
/365



UTC+2
In the Summer



UTC+2
/ 365

Numbers for the opportunity of a shift towards solar time,
Mounting the path to sobriety



Current statu quo emits millions de tons of CO2/year

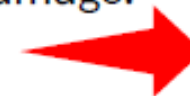
REAL overconsumption reviewed by ACHED

Additional Health expenditure: 7 billion Euros(?)	777 kT CO2
Lighting, heating, air conditioning:	558 kT CO2
Recreational fuel	388 kT CO2
Subtotal	+1753 kT CO2

Morning-Night Fuel	Increased / Not rated
Hyperconsumption/increased awake time	+20MtCO2?
Loss of Life and Productivity	Increased - Not Assessed

**More than
2 million
tons of
CO2/year**

Moving further away from solar time will further increase the damage.



Additional overconsumption identified by ACHED, and not considered by ADEME or institutions

Heating, air conditioning, lighting, fuel, health, productivity,
+ hyperconsumption with increased awake time / decreased sleep

**How many millions
of tons of
CO2/year?**

Appendix 3

HOW MUCH DOES (double) DST COST in carbon emissions?

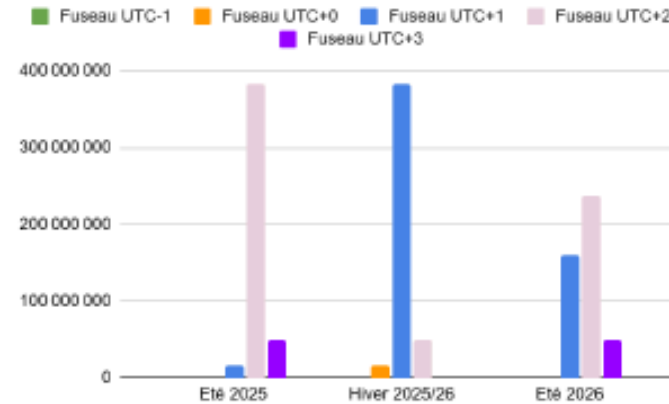


Appendix 4: Energy benefits of a more natural European time distribution

86% of the European population is currently in the mega time zone Central Europe UTC+1 in winter / UTC +2 in summer.

This figure could be as low as 53% if, as Portugal did in 1996, France, Belgium, Spain, the Netherlands and Luxembourg were to skip the March time change while the other countries are still changing.

A way to put an end to the double summer time with an interest perhaps in energy exchanges.



Habitants EU 2020						
Population	Fuseau UTC-1	Fuseau UTC+0	Fuseau UTC+1	Fuseau UTC+2	Fuseau UTC+3	Total
Eté 2025	0	0	15 305 159	382 468 372	49 234 065	447 007 596
Hiver 2025/26	0	15 305 159	382 468 372	49 234 065	0	447 007 596
Eté 2026	0	0	159 815 167	237 958 364	49 234 065	447 007 596
Eté 2025	0%	0%	3%	86%	11%	100%
Hiver 2025/26	0%	3%	86%	11%	0%	100%
Eté 2026	0%	0%	36%	53%	11%	100%

[Population source in ed](#)