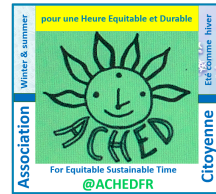


March 31 2025

PRESS RELEASE

#BackToTheTimeZone
letter from ACHED to Ursula Von Der Leyen for the repair of European timezones and disqualification of double DST UTC+2



ACHED depuis 1983
@ACHEDFR

The ACHED (Citizen Association for a Fair and Sustainable Time), active since 1983 against double summer time, on March 31, 2025, forwarded to Mrs Ursula von der Leyen, President of the European Commission a copy of its open letter dated March 24, 2025 to the President of the French Republic, Emmanuel Macron, accompanied by a specific note addressed to denounce the impact of double summer time (UTC+2) in France and to request her help for reparation for France and Western Europe.

- at least +1.7 million tonnes of CO₂ per year (2-20 millions TCO₂)
- +7 billion €/year in healthcare expenses
- generalized sleep loss, with major socio-economic impacts

ACHED presents three time policy scenarios:

1. **Status quo**: costly and harmful
2. **Back to the Time Zone** (UTC+1 or UTC+0): beneficial for health, climate, and energy sobriety
3. **Further away from solar time** (permanent UTC+2) : worsening of the situation

🗣️ ACHED is asking for the support of the President of the European Commission for:

- The disqualification of the permanent UTC+2 option for France and Western Europe
- The cancellation of the next clock change planned for March 2026 in France

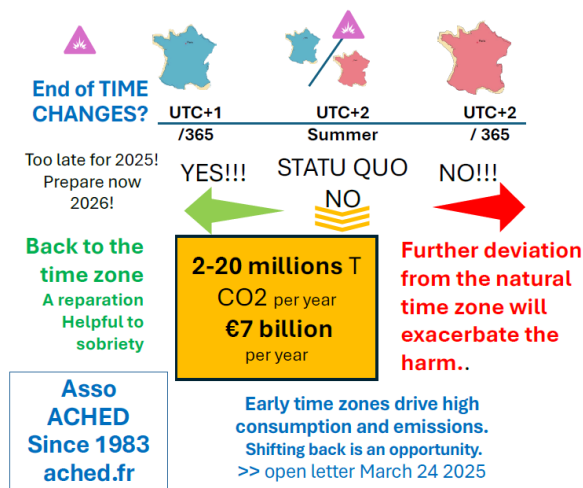
🔗 Full letter: <http://www.heure-ete.net/letter20250331UVL.pdf>

Statu quo: Harmful to sleep, health, climate, economy, and society. Extra costs in the billions of euros per year and CO₂ emissions increased by tens of millions of tons.

Shifting back time zones (Back To The Time Zone, Retour Vers le Fuseau) A reparation and helpful toward Sobriety.

Further Deviation: A worsening of the already harmful status quo.

Detailed in Appendix 3 and in the text of the letter to the French president:
<http://heure-ete.net/letter20250324EM.pdf>
Press Release
<http://heure-ete.net/CP20250324EN.pdf>



*Translation note. DST: Daylight Saving time in US English is also called SummerTime in Europe.