

**Citizens' Association
for an Equitable and Sustainable Hour**
Since 1983 for the end of double summer time
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To the attention of Mr Emmanuel Macron
President of the French Republic
Élysée Palace, 55 rue du Faubourg-Saint-Honoré, 75008 Paris.

March 24, 2025 (translated as of March 31, 2025)

**Open letter to the President of the Republic
for a fair, sustainable hour, aligned with science and the climate emergency**

ACHED call for the halt of time changes and a return to a more natural time zone
Read as soon as possible and preferably before President Zelenskyy's visit

Mr President of the Republic,

France can no longer ignore that **its time zone with early time zones worsen its carbon footprint and deteriorates its health**. Since 2017, your presidency has provided no concrete response to these issues. We have approached you and your governments several times and have not been listened to.

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 **Press release &  Infographic**

- 1- The time zones in Europe** (in French, time spindles / slices, fuseaux horaires)
- 2- Time arrangements for France:** Status quo, Towards or Away from solar time
- 3- How much does (double) summer time (DST) cost in carbon emissions?**
- 4-Energy benefits of a more natural European time distribution**

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 **A double blow to health and the climate**

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 **Carbon emissions and time zones: a too often overlooked connection**

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 **It's time to listen to civil society and science**

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 **Letter to President Zelensky dated March 20, 2025, French translation**

#BackToTheTimeZone : 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](#)

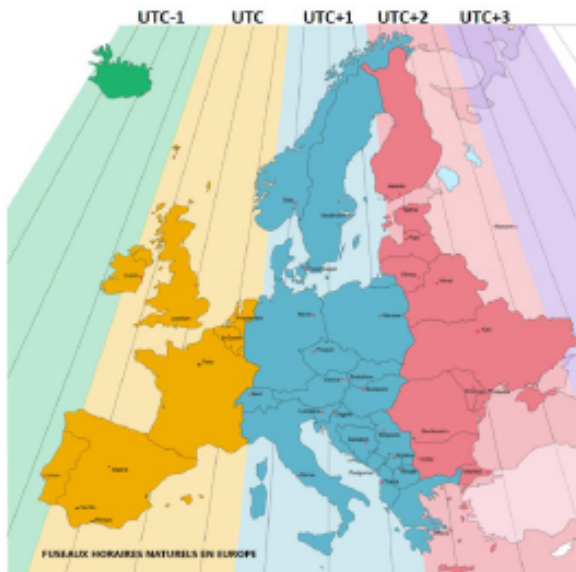
Association Citoyenne pour une Heure Équitable et Durable

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](http://www.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

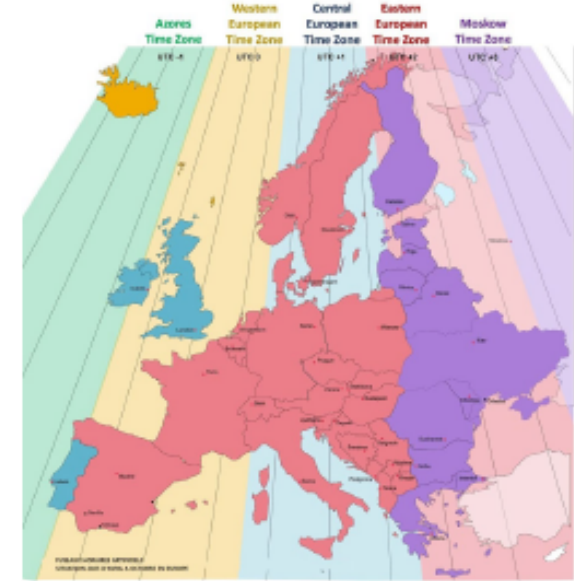
Presently during winter
In France since 1945



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

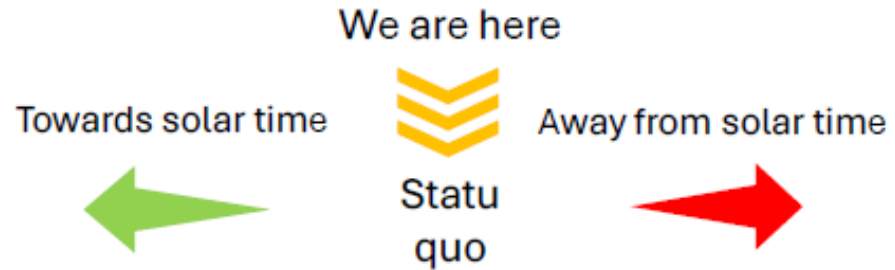


France at UTC+2 , the solar time of **30°E meridian** that runs close to Kiev in Ukraine

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**

Like in 1916

Natural time

**UTC+1
In the Summer**

Like in 1936

Seasonal DST*

**UTC+1
/ 365**

Like in 1975

Permanent DST

**UTC+2
In the Summer**

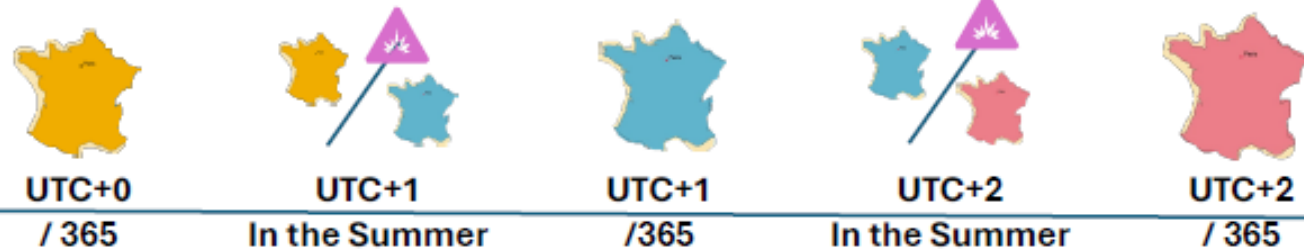
Since 1976

**Seasonal
Double DST**

**UTC+2
/ 365**

Never we hope!

**Permanent
double DST**



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

2026?
←



Current statu quo emits millions de tons of CO2/year

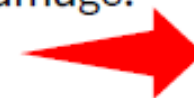
REAL overconsumption reviewed by ACHED

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?

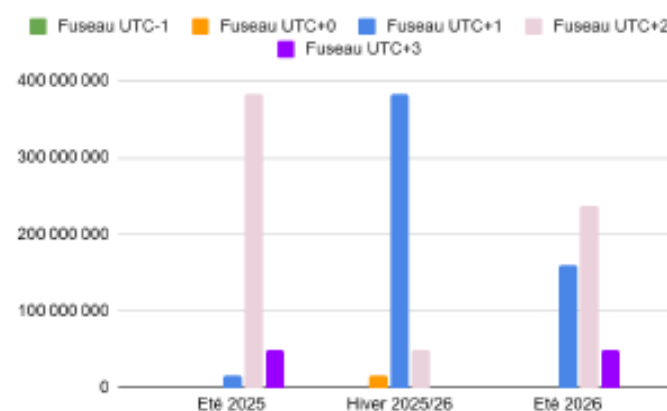


Appendix 4: Energy benefits of a more natural European time distribution

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 ined

A double blow to health and the climate

Please don't reply to me with a "time change" letter. because this is not the primary subject of this letter. Yes I mention it. With a time change, there is typically daylight saving time. The French often suffer from the time change acutely and consciously at least once a year in March when the time moves forward. You should certainly listen to them but **not reduce** the whole problem with this part of the subject.

The mission of ACHED: the end of UTC+2 time in France, and secondarily the end of clock changes. Our original name is Association Contre l'Heure d'Été (DOUBLE) — for the reduction of time advancements. Notice the word **ADVANCEMENT**.

Because the **core issue is the advancement of the clock time in relation to Greenwich Mean Time**, whose meridian runs through France. It is common language to speak in terms of time zones. **The natural time zone for France, as for England, is therefore UTC+0** [\[Annexes\]](#) .The other time zones we are assigned to are **artificial time zones**. They no longer even have any real geometric "spingle / slice" shape — they are "time zones" only in the English sense of the term.

Please consider the figures we are about to present. **The totals can be easily found in the annexes, especially in the infographic [\[appendix 3\]](#)**, This appendix will accompany our press releases related to this letter. **Have such figures ever been presented to you?** In any case, you will not find them in the press or in official reports. This is a **counterpoint to the information commonly circulated in the media** — based on serious and well-documented sources. Therefore this letter, which includes around 20 pages of **bibliographic references, accessible by click in the PDF format. [\[REF\]](#)** .

These totals are fully consistent with the messages we have been conveying since our founding in 1983 — and especially since I became president. But this time, we have compiled them, and they are **VERY SIGNIFICANT**, not at all minor. **We believe their magnitude should prompt you to take action.**

For practical reasons, we would appreciate a **public or written response** to this letter — and kindly ask that you also notify us **by email**.

A **press release** will coincide with the sending of this letter, and there will be at least one **English translation**. Our association has existed **since 1983**. We held a public interest label (**label d'intérêt public**) and have interacted with every French president since 1983 — so far without success (...), but while building **an expertise that has not vanished with the passing of our two first presidents: Dr. Boris Sandler and my late mother, Leonor Gabarain-Echevarria [\[25\]](#)**. We have sent you several letters, to which you have responded in some cases — first as a candidate in 2017 (unfortunately I have not found a copy), and later as President during your first term.

With the current system, you are delivering a double blow to health and the climate. This blow began before your presidency, in 1916, with the introduction of the time change. In 1945, General de Gaulle did not put an end to it: while he did not maintain the time change itself, the country was set to permanent advanced time (UTC+1) [\[26\]](#). May he rest in peace; science was not as advanced at the time, but the French people did not appreciate it at all.

You won't find this in the newspapers — but the older generations told us. The mistake was then compounded in 1976 with the introduction of an additional time advancement [35], as if it had gone unnoticed that we were already one hour ahead.

But since 2017, the responsibility for this blow now lies with you. **To make matters worse**, you have been either actively involved in — or passively accepting of — the idea of ending the time changes while **keeping UTC+2 all year round**. That would mean a two-hour advancement, without any clock change. It would be a mistake — an amplified **double blow to health and the climate** — that we sincerely hope you will choose not to deliver.

As for the **status quo**, let us be clear: Not only are you causing suffering to the French people — which they are well aware of — through the time changes, but the **blow to health and the climate** is being **exacerbated by the rapidly worsening climate context** [62].

It is time to fully grasp the seriousness of the situation, and to **show responsibility toward both the climate and public health**.

Carbon emissions and time zones: a too often overlooked connection

- **Health degradation:** darker mornings, overly bright evenings → reduced sleep duration, diminished well-being.
- **General overconsumption** linked to deteriorating health and shortened sleep.
- **Rise in carbon emissions:**
 - Increase due to general overconsumption
 - More heating needed in the morning, more air conditioning in the evening
 - Increased car use in both morning and evening

By adopting UTC+1 or UTC+0, we would save several billion euros per year in health-related expenses alone (€7 billion annually, according to our estimate [43]). This would directly reduce our carbon emissions — using a ratio of 111 gCO₂ per euro — by approximately 777,000 tonnes of CO₂.

In health expenditures, there is poor health promoted by the advancement of the clock, as discussed by chronobiologists [18].. There are also workplace and everyday life accidents [W]..

The supposed lighting savings under daylight saving time (with clock changes), around €70 million per year [30c] according to ADEME's 2010 report [30][30a][30b] , are more than offset. Please note, by the way, that we are referring to a report still regularly cited in the French press and the only reference provided by ADEME nearly 15 years later — a report and summary note that are no longer even available online, except through internet archives.

In UTC+1 or UTC+0, we would potentially emit tens of millions fewer tonnes of CO₂, as briefly explained further below. [See also [Appendix](#)].

These potential savings under UTC+1 or UTC+0 are, under the current system, additional costs and emissions — which would increase even further if we moved to UTC+2 year-round.

With UTC+1 or UTC+0, sleep duration [H] naturally increases compared to UTC+2. Conversely, we have lost 1 to 1.5 hours (14–20%) of sleep over the past 50 years, according to

newspapers from 2019. At the beginning of the 20th century, people slept 9 to 10 hours; we dropped below 9 hours in the 1950s, below 8 hours in the 1970s, and below 7 hours in the 2000s. When we sleep, we consume less. So **with UTC+1 or UTC+0**, imagine a 10% increase in sleep and the resulting decrease in consumption that could gradually emerge. Since we are typically awake about twice as long as we sleep, and with total national emissions estimated at around 400 million tonnes of CO₂ equivalent, **a 5% reduction would represent 20 MtCO₂ — even a 2% drop would equal 8 MtCO₂.**

With better sleep, suicide rates decrease[\[1\]](#) [\[21\]](#) [\[22\]](#) [\[19.7\]](#). The introduction of double daylight saving time in the 1970s coincided with a **significant increase in the suicide rate in France** — something our association noted at the time. Coincidentally, there was also a sharp rise in the suicide rate in **Belgium**, with a one-year delay. In fact, Belgium adopted our time system exactly one year later. **Under UTC+1 or UTC+0, a reduction in suicide rates is likely — all other factors being equal.**

Regarding **heating and air conditioning**, the 2010 ADEME report (Énergies Demain) did not dare to provide figures for 2009, but instead presented a model for 2030. For that year [\[30b\]](#), it projected uncertain and minimal savings with the current system compared to permanent UTC+1. Some of the “savings” would actually come at the expense of others. The estimated savings combined residential and tertiary sectors: Residential would spend more on air conditioning, While the tertiary sector would spend more on heating. The residential heating savings reported by the study — and derived from modeling — were not very credible.

In total [\[30a\]](#)[\[30b\]](#), the ADEME report announced **savings of 440 GWh** in lighting in 2009, and **470 GWh** in lighting, heating, and air conditioning combined by 2030. The emissions reduction was **not estimated for 2009**, and projected at around **70,000 to 100,000 tonnes of CO₂** in 2030 — including approximately **30,000 tonnes of CO₂** from lighting alone. In press releases, the **celebration of daylight saving time** was prominent, with **air conditioning in the residential sector** being the only concern explicitly mentioned [\[30b\]](#).

On the other hand, other studies showed **clear overconsumption** [\[40\]](#)[\[42\]](#) in both **air conditioning and heating** for the residential sector. This led us to estimate, on the contrary, an **increase in emissions of 558,600 tonnes of CO₂** in a 2019 letter [\[42a\]](#). Yes, there may be savings in lighting — but they are **more than offset** by the **overconsumption in heating and air conditioning**.

A common argument in favor of daylight saving time is the reduction of the **evening peak**. But the evening electricity peak is broad and spread out, while the morning peak — which is just as significant — is actually intensified [\[30d\]](#)

ADEME, in its report, did not examine the increased consumption caused by sleep loss, nor the overconsumption of fuel, nor the impact of having Germany and France in the same time zone on the electricity grid — **except** for a brief mention of **air conditioning in cars** [\[page 69 of the final report\]](#)

About **fuel**, as early as the 1990s [\[42\]](#), it was already known that advancing the clock (the shift to UTC+2) was accompanied by an increase in leisure-related car traffic. In Belgium alone, the additional traffic observed by Walter Hecq [\[42a\]](#) resulted in over 111,000 tonnes of extra CO₂ emissions — already more than the total savings projected by ADEME for 2030 from lighting,

heating, and air conditioning combined. For France, using Belgian data, the estimated increase is 388,000 tonnes of CO₂.

This does not even take into account the impact on morning and evening traffic, which has not been studied in relation to clock advancement or time changes —except in studies on accidents, where we would simply point out that the effect of chronic time advancement is not examined, including its impact on increased traffic. However, it is widely acknowledged that time changes are accident-prone.

There is, finally, a dimension of **savings / overconsumption / emissions** that appears neither in the ADEME report [30][30a][30b], nor in our own 2022 ACHED report [8b], as it falls somewhat outside the strictly national scope. However, we **regret not having mentioned it at the time**. In early 2023, in Metz, we met — if memory serves — a representative from RTE. The issue related to the **unrealized savings due to France being on the same time as Germany** [8c] and Annex 4].

ADEME, in its report, also did not examine the **effect of time advancement in winter**, particularly the possibility of **UTC+2 during the winter months**. But that was **not part of its mandate**, since the report was intended to justify the **1976 time advancement** — a task that has been ongoing since 1976.

For more details on the ADEME report, we refer you to our letter formally requesting its retraction [30e].

To summarize, the potential savings under UTC+1 / UTC+0 amount to approximately **€7 billion per year in health-related expenses**, and the **emission reductions add up to**
 $777 + 588 + 388 = 1,753 \text{ kt CO}_2$, or **1.7 Mt CO₂**, and potentially much more (up to **20 Mt CO₂**?).

That is **not negligible** when compared to the **2030 target**, which requires reducing our emissions by approximately **126 Mt** between 2022 and 2030 [14].

These savings and emission reductions under UTC+1 / UTC+0 represent, conversely, additional expenses and increased carbon emissions if we maintain the current status quo — and even more so if we move to UTC+2 year-round.

It's time to listen to civil society and science

We ask you to listen to:

- The **majority of French citizens**, tired of the clock changes [48]— **tormented** by them.
- The **signatories of the #RetourVersLeFuseau petition**, as well as all the citizens and associations committed to a **fairer and more sustainable time standard** [1]..
- The **sleep and chronobiology scientists**, who advocate for a return to a more natural time, closer to **solar time** [18][19].
- The **experts** [70], including **climatologists** [68][69][72][73], **agronomists**, and **agroclimatologists** [67], who warn that **global warming is leading us toward unsustainability**.

By contrast, **beware of the lobbies** [45][45a][45b][45c] that benefit from overconsumption, uniform time zones, or disinformation: oil companies, the automotive sector, media outlets (etc.), and even certain foreign interests. Beware of those who misjudged the impact of the time change or time advancement, or who believed in it, or see advantages in it and will not want to change their minds.

We also ask you to support:

- **Citizens living near the borders**, for whom the uniformization of time zones may offer convenience — but at the cost of health and overall emissions.
- **Those who have only ever known double daylight saving time**, and who will need guidance and support as they adjust their habits and reference points toward a more balanced time standard [55].

✗ Biased consultations, questionable studies, and abusive or negligent situations at both the French and European levels:

We challenge:

- The European report “**EU summer-time arrangements under Directive 2000/84/EC**” [31][31a]
- The **2010 ADEME study “Impact du Changement d’heure”**[30]..[30e]
- The European Parliament resolution of 26 March 2019 [39]
- The following public consultations:
 - 2018, by the European Commission [46]
 - 2019, by the European Affairs Committee of the French National Assembly [48]

We are not alone in denouncing the partial, biased, or sloppy nature of these consultations [50][51][52][53] [54]

We believe that these studies and reports have not provided the public with adequate information, nor have they allowed for a true democratic debate. Some of them are no longer even available online, despite still being used as sources by the media. **Most media outlets simply relay press agency releases**, which are themselves often written with carelessness, complacency, or fatigue — and without fact-checking or critical perspective.

Let us point out that **these are the very reports feeding climatologists and energy experts with misinformation and intellectual numbness**. Let us also add that our voice was not heard during the Citizens' Convention, where participants were presented with these same biased reports. Our February 2022 ACHED contribution to the National Low-Carbon Strategy [8b] was swept aside, and we must remind you that you did not respond to our letters referencing it [11], [12] [3]..

Moreover, we are surprised that several major European reports have not been officially translated into French [31].— unlike the publications of the **Council of Europe**[37]. When citizens and elected officials do not speak English (or German), transparency, scientific truth, and democracy are directly at risk.

Admittedly, automatic translation is a useful tool — and we do use it. But it consumes both energy and time, and it is not accessible to everyone. For documents as sensitive as these, it requires

competent human proofreading, given how frequent errors and misinterpretations are — especially on a technical subject like legal time.

All referenced documents should also be made available — preferably in French, or at the very least with a summary. French documents, such as the 2010 ADEME report and earlier reports, should be easily and freely accessible to citizens — and at the very least, to associations.

Let us repeat: Reducing the issue to the time change is a misleading and frequent oversimplification.

It is surprising that the European Parliament is legislating on time changes [Q] since the time change itself is not within the EU's competence — only the harmonization of the changeover dates is. The Parliament likely got involved due to the inaction of member states, such as France. It makes even less sense if it limits itself to the clock change while letting countries choose their time independently, with no clear recommendation. Their position might evolve if they were informed with the data we are sharing in this letter. In fact, only one solution should be on the table: a return to the natural time zone — initially, to an intermediate time, the so-called winter time for France. When it comes to health, thanks to the engagement of **chronobiologists** and the efforts of **associations, members of Parliament are becoming more and more aware of the health-related harm**. But what about the energy and climate harm we describe here? We hope they will take a clearer stance in the near future

We regret the **inaction** of the French Parliament and government following the conclusions of the 1997 parliamentary report “*Should we put an end to daylight saving time?*” (“*Faut-il en finir avec l’heure d’été*”) [28] That inaction was **repeated** after the 1999 report and recommendation of the Council of Europe [37]

These were high-quality reports, and they already highlighted the dual problem of the clock change and the time advancement.

Given the available research [G], made possible by scientific and medical progress in the field of biological rhythm science — crowned by the 2017 Nobel Prize — as well as key energy studies in 2003 (Kellogg) [40], 2009–2011 (Kotchen) [41], and a 2019 socio-economic study on time zones (Giuntella & Mazzonna) [44], **this situation is unacceptable.**

Even the Russian experience from 2011 to 2014 [33c][33d][33e] as well as [18] should be enlightening to all: Medvedev’s Russia ended clock changes in 2011, but made the initial mistake of choosing permanent daylight saving time. It was ultimately Putin who granted permanent standard time (winter time) in order to fulfill his election promise.

It is an abuse [45] [48] to propose advancing the clock even further, when historically the shift to UTC+1 without clock changes from 1945 to 1975 had already caused discontent —

and when scientists and economists clearly state that time advancement is harmful to health, reduces sleep, and exacerbates consumption..

No specific energy, environmental, or climate study has been conducted for winter under advanced time — and no one seems concerned by this (!) [39] [45] [48] Yet, researchers are clear: under advanced time, **heating overconsumption outweighs lighting savings**, and the **shift toward darker, colder mornings** leads to significant increases in energy use [40],, as well

as on **page 19 of [41]**. In short, it is **obvious** that our **energy consumption would increase** with the **extension of advanced time into winter** — and thus, with its **permanent adoption**.

✓ What we call for

We support and want to contribute to:

- The goals of improving health, retirement conditions, and quality of life for the French population
- The goals of boldly reducing our emissions
- The idea that “the best adaptation to +4°C is to AVOID reaching +4°C in the first place” Nous soutenons et voulons épauler::

We ask you [1] to act swiftly to:

- **End clock changes**
- **Adopt a permanent time closer to solar time**

France has the means to lead by example in Europe. The time has come to choose the right time zone — for health, for the climate, and for the respect and quality of life of citizens, both now and in the future. The status quo is a mistake — and it is avoidable. La France a les moyens de montrer l'exemple en Europe.

"The moment has come to make the choice of the right time zone: for health, for the climate, for the immediate and future respect and quality of life of the citizens. The status quo is an avoidable mistake."

Practically, we wish for **our contribution to the Low Carbon Strategy to be included in the SNBC communications [14] and incorporated into the PPE [16]**. We also wish for ADEME to publicly withdraw its 2010 report [30e]. Please verify our calculations, as we may be mistaken, but do not use this as an excuse to procrastinate. I hope our framework will be properly utilized. It is essential not to overlook any aspect, as has been done previously, but to cover the entire scope by carefully considering and integrating all parts.

We wish that you mobilize your advisors, and help to mobilize the experts [59] [67], the newspapers, the ministries [9a] [9b] [3], the committees [60], Academies, and orders at the sanitary, energetic, climatic, environmental, and social levels

Please, no demagogic consultation. And as for surveys, caution. We want democratic participation but not the brouhaha / chaos. Do not, of course, let yourself be overwhelmed by the lobbies. Surveys should also educate, measure knowledge before collecting opinion! And more generally, it would be necessary to know the situation and the needs.

We believe the French effort is significant and can be conveyed to Europe [8c] as well as to the United Nations [17]. It is important not to shift the responsibility solely to the European bodies [75]—they have only tentatively included this in their 2025 program [40a], which is not very reassuring. They will, in any case, pass it back to you, so embrace the issue. (Allow me to reiterate that French studies, such as those by ADEME or RTE and others, should be more interested in the positive interactions of the #RetourVersLeFuseau [8c])

France's legal time may belong to us more than to others. We must make good use of it and share it with other countries... and make amends. It was indeed us who started the domino effect of

daylight saving time in continental Europe in 1976, with a decree! The European Union only intervened to harmonize the dates of time changes. It is indeed our French ADEME 2010 report [30] and those of previous organizations that have poisoned European and global reports [37]. Retract this report, and everything can be more easily set right.

👉 **Regarding this matter, as you are in regular contact with President Zelensky** and are scheduled to meet him this Friday, March 28, on the eve of the weekend when clocks are set forward, we invite you to **support him in halting the practice of changing clocks and adopting standard time**, as voted by his parliament and awaiting confirmation. You will find here the ~~translation~~ (original) of the letter we addressed to him: <http://www.heure-ete.net/lettre20250320VZ.pdf> [33] [33a] [33b]

Regarding the adaptation of citizens, **eliminating a time change is undoubtedly simpler than introducing one**. The population has historically adapted—at least in practice, albeit with some harm—to the abrupt introduction of daylight saving time in 1976. There is therefore no reason to believe that eliminating a time change would pose a major problem today.

Better yet: with the now established knowledge of the health and climate benefits of returning to a more natural time, it is your responsibility to support, inform, and explain. Engagement will come if education is present.

As James Clear writes in *Atomic Habits* (2018) [66], "you don't need a radical change: small improvements accumulated each day lead to extraordinary results in the long term." Ending the time change and returning to a more natural time is precisely this type of change: simple, gradual, but with a high leverage effect.

Even if certain businesses fear an adjustment in their revenues linked to current rhythms, this transition would be gradual, and above all compensated by gains in public health, energy sobriety, and climate stability. This is precisely what we need to slow down climate runaway, reduce its average impact, and limit extreme events.

One could also say that many countries have multiple time zones and manage very well: Canada, the United States, and Russia. **So what, we French wouldn't be able to work with our European neighbors from France or across borders because of a one-hour difference?**

I appeal to the President who galvanized us with his call "Make the Planet Great Again" [74]. Hoping that you will be able to rise to the challenges, we ask you to accept, Mr. President of the Republic, the expression of our highest consideration.

Pour l'ACHED, sa présidente,
Laetitia Moreau-Gabarain, ingénieure agronome

Note: I apologize for any typographical errors in this letter, which I am hastily finishing on March 26 before President Zelensky's visit and this weekend's time change. There may be some corrections. However, I hope you have no doubts about the foundation and truthfulness of our statements. Daylight saving time is an old issue, which does not diminish its relevance. Between wasting time discussing it and enduring its nuisances, this circus must stop. **Let's not be frogs accustomed to double daylight saving time just because we've been steeped in it for too long. We have better things to do; unprecedented challenges await us, and for that, French citizens in peak physical and intellectual condition are important, with a return to the standard time zone. And this return closer to our standard time zone would give us a leg up in reducing carbon emissions.**



References from the open letter to the President of the Republic with connection to recent ACED press releases

A. Citizens' petition

1. ACHED. *Pétition #RetourVersLeFuseau et ses 4000+ signataires.*

#RetourVersLeFuseau pour l'arrêt de la torture horaire et un choix meilleur pour le climat

“Signez si vous en avez assez de changer d'heure et vous voulez la bonne heure”

<https://www.change.org/p/retourverslefuseau-pour-l-arr%C3%AAt-de-la-torture-horaire-et-un-choix-meilleur-pour-le-climat>

B. Archives et communiqués ACHED

2. ACHED. *Press releases since 2004.*

<http://heure-ete.net/ached.htm>

3. ACHED. *Recent letters in French.*

<http://www.heure-ete.net/lettresrecentes.pdf>

4. ACHED. *Recent letters in English.*

<http://www.heure-ete.net/recentletters.pdf>

C. French energy-climate strategy consultation

5. CITEPA. "Programmation énergétique : consultation publique finale sur une version révisée de la PPE." *CITEPA*, 11 mars 2025.

<https://www.citepa.org/programmation-energetique-consultation-publique-finale-sur-une-version-revisee-de-la-ppe/>

6. Ministère de la Transition écologique. *Les actualités de la concertation – Décarboner la France : votre voix compte !*. Concertation sur la Stratégie française pour l'énergie et le climat, 2024.

<https://concertation-strategie-energie-climat.gouv.fr/les-actualites-de-la-concertation-decarboner-la-france-votre-voix-compte>

7. Ministère de la Transition écologique. *Les prochaines étapes de l'élaboration de la SNBC 3 et de la PPE 3*. Concertation sur la Stratégie française pour l'énergie et le climat, 2024.

<https://concertation-strategie-energie-climat.gouv.fr/les-prochaines-etapes-de-lelaboration-de-la-snbc-3-et-de-la-ppe-3>

Voir aussi [71] Haut Conseil pour le Climat

D- Participation of l'ACHED to the French energy-climate strategy

8. Association Citoyenne pour une Heure Équitable et Durable (ACHED). "Cahier d'acteur n°91 - Avantages de l'heure normale plutôt que décalée." *Concertation sur la Stratégie française pour l'énergie et le climat*, février 2022.
<https://concertation-strategie-energie-climat.gouv.fr/cahier-dacteur-ndeg91-association-citoyenne-pour-une-heure-equitable-et-durable-ached>

8a. original link in [11] but the link has since changed on the .gouv site. Attached to [12] with correction of a typo.

8b. link to corrected version "Cahier d'acteur n°91 - Avantages de l'heure normale plutôt que décalée." *Concertation sur la Stratégie française pour l'énergie et le climat*, février 2022. http://heure-ete.net/202202_091-CahierActeurACHED_EM2023.pdf

8c addition Press release from November 7, 2022 (issued on the 14th) : Standard time in Europe to smooth demand on the electricity network. (L'heure normale en Europe pour lisser la demande sur le réseau électrique.)
<http://heure-ete.net/CP20221107FR.pdf>

9. Association Citoyenne pour une Heure Équitable et Durable (ACHED). attended Thursday January 5, 2023 at 9:15 a.m. at the Robert Congress Center SCHUMAN, in Metz.

9a Public address to Madame Pannier-Runacher

9b Interview with Ms. Sophie Murlon

9c Miscellaneous maintenance (RTE representative)

10. Association Citoyenne pour une Heure Équitable et Durable (ACHED). *Open letter to the President of the Republic – March 24, 2025 (THIS LETTER)*
<http://heure-ete.net/lettre20250324EM.pdf>

11. Association Citoyenne pour une Heure Équitable et Durable (ACHED). *Open letter to the President of the Republic – July 14, 2022. (NO RESPONSE)*
<http://heure-ete.net/lettre20220714EM.pdf>
12. Association Citoyenne pour une Heure Équitable et Durable (ACHED). *Open letter to the President of the Republic – July 7, 2023. (NO RESPONSE)*
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E- Publications SNBC, PPE

13. Ministère de la Transition écologique. *Stratégie française pour l'énergie et le climat – Synthèse pour concertation*. Version de travail, novembre 2023.
https://www.ecologie.gouv.fr/sites/default/files/documents/23242_Strategie-energie-climat.pdf
14. Ministère de la Transition écologique. Stratégie nationale bas-carbone (SNBC) et Programmation pluriannuelle de l'énergie (PPE) – Document de présentation. Version de travail, novembre 2024
https://www.ecologie.gouv.fr/sites/default/files/documents/202411_DP_SNBC_PPE.pdf

Excerpt: ACCELERATE THE REDUCTION OF OUR GREENHOUSE GAS EMISSIONS
The SNBC 3 must chart the path towards achieving a 50% reduction in our gross greenhouse gas emissions in 2030 compared to 1990 and carbon neutrality in 2050.
Achieving the 2030 objective involves reducing our emissions by approximately 126 Mt between 2022 and 2030. This objective is considerable: between 1990 and 2022, our emissions were reduced by 144 Mt. This acceleration requires efforts from all and transformations in all sectors of our economy.

15. Ministère de la Transition écologique et solidaire. *Stratégie française pour l'énergie et le climat – Programmation pluriannuelle de l'énergie (PPE) et Stratégie nationale bas-carbone (SNBC)*. Dossier de présentation, 27 novembre 2018.
https://www.ecologie.gouv.fr/sites/default/files/documents/2018.11.27_MTES_dp_PPE_SNBC_strategiefrancaiseenergieclimat.pdf
16. Ministère de la Transition écologique et solidaire. *Stratégie française pour l'énergie et le climat – Programmation pluriannuelle de l'énergie (PPE) et Stratégie nationale bas-carbone (SNBC)*. Document 2025 (**NON ÉMIS**)

Voir aussi [71] Haut Conseil pour le Climat

F. Contribution to the United Nations for health, sleep and climate

17. ACHED. .(2021, October 27). *Letter to the United Nations*.

<https://www.heure-ete.net/lettre20211027AG.pdf>

17a. ACHED. *English version*

<http://www.heure-ete.net/letter20211027AG.pdf>

G. Chronobiology – letters to European institutions and governments

18. European Sleep Research Society. (2018). *Joint statement to the EU Commission*.

<https://esrs.eu/joint-statement-to-the-eu-commission/>

18a. Translation by ACHED : <http://heure-ete.net/chrono.htm>

18b. press release of June 16, 2019: Chronobiologists say to put an end to annual or permanent summer hours and adopt standard time.

* * *

**Translated ORIGINAL Letter posted on Thursday, 25 October 2018.
From EBRS (European Biological Rhythm Society - Société
Européenne des Rythmes Biologiques)**

To the EU Commission on DST

Chronobiology studies the influence of day-night rhythms and seasonal changes in living organisms (and received the Nobel Prize 2017 for these discoveries). As experts in biological clocks and sleep, we have been following the initiative of the European Commission to abandon the annual clock-time changes in spring and autumn in the EU. We would like to emphasize that the scientific evidence presently available indicates that installing permanent Standard Time (ST, or 'wintertime') is the best option for public health.

With ST there will be more morning light exposure in winter and less evening light exposure in summer. This will better synchronise the biological clock and people will sleep earlier relative to their work and school times (1). The feeling of chronic jetlag (Social Jetlag) will be reduced compared to daylight savings time, the body will function better and mental performance will improve. Throughout the year, ST will be healthier than daylight savings time (DST).

ST improves our sleep (1) and will be healthier for our heart (2) and our weight (3). The incidence of cancer will decrease (4), in addition to reduced alcohol- and tobacco consumption (5). People will be psychologically healthier (6) and performance at school and work will improve (7). Abandoning clock changes will offer the unique nation-wide opportunity to improve general health by installing Standard Time.

We would gladly explain our advice in more detail as required. Sincerely,

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Merikanto, I., Lahti, T., Puolijoki, H., Vanhala, M., Peltonen, M., Laatikainen, T., & Partonen, T. (2013). Associations of chronotype and sleep with cardiovascular diseases and type 2 diabetes. *Chronobiology International*, 30(4), 470–477. <https://doi.org/10.3109/07420528.2012.741171>

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Borisenkov, M. F. (2011). Latitude of residence and position in time zone are predictors of cancer incidence, cancer mortality, and life expectancy at birth. *Chronobiology International*, 28(2), 155–162. <https://doi.org/10.3109/07420528.2010.541312>

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18-7 Van der Vinne (2015): le moment des examens a une incidence différente sur les performances scolaires selon les chronotypes précoces et tardifs. *Journal of Biological Rhythms* 30: 53-60.

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Additional references in [19] vs [18]

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19-5 Blume et al. (2019) – Effets de la lumière sur le sommeil et l'humeur

Blume, C., Garbazza, C., & Spitschan, M. (2019). Effects of light on human circadian rhythms, sleep and mood. *Somnologie*, 23(3), 147–156. <https://doi.org/10.1007/s11818-019-00215-x>

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Reis, D. J., Yen, P., Tizenberg, B., et al. (2023). Longitude-based time zone partitions and rates of suicide. *Journal of Affective Disorders*, 339, 933–942. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10870927/>

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Daghlal, I., Lane, J. M., Saxena, R., & Vetter, C. (2021). Genetically proxied diurnal preference, sleep timing, and risk of major depressive disorder. *JAMA Psychiatry*, 78(8), 903–910. <https://pubmed.ncbi.nlm.nih.gov/34037671/>

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Couverture médiatique en France

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19.b Collectif de scientifiques [dont Claude Gronfier]. (2019, 26 octobre). *L'heure d'hiver est mieux adaptée aux horloges biologiques des individus*. Le Monde. En ligne : https://www.lemonde.fr/sciences/article/2019/10/26/l-heure-d-hiver-est-mieux-adaptee-aux-horloges-biologiques-des-individus_6017020_1650684.html

“From a public health perspective, the science is clear: it is winter time that is most beneficial for our health, our sleep and our safety. »

See also [43b] for the calculation in euros of annual health expenditure

See also i [10] for the calculator of the general overconsumption by lack of sleep

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- 20a. Communiqué ACHED du 19 octobre 2024 : *Budget, dette, santé, climat. Diminuer l'heure d'été pour diminuer les dépenses et les dégâts.*
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- 20b INSEE (1974) – Enquête emploi du temps (France entière)
- 20c LE Monde, Le temps de sommeil moyen des Français passe en dessous de 7 heures par nuit 12 mars 2019
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- 21b. voir aussi : chiffres commentés sur les suicides en France
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see also [30] page 65 *Impact du changement d'heure – Rapport final*. ADEME.

see also page 82 de [25] book by Leonor Gabarain-Echevarria

see also [19.7] Time zones and suicide

J. Historical references & cultural

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30c. Communiqué ACHED du 1er novembre 2022 : *Double summer time: 351 GWh – what are these savings? (Heure d'été double : 351 GWh – c'est quoi ces économies ?)*

<http://heure-ete.net/CP20221101FR.pdf>

351 GWh = 70 million Euros = 1 euro per French person = 10 hours of lighting = 10 km by car

30d. ACHED Press Release of April 4, 2022: *ACHED calls on RTE on the peak of electricity consumption in the morning increased by the advancement of the time (L'ACHED interpelle RTE sur la pointe de consommation électrique le matin augmentée par l'avancement de l'heure)*

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30e. ACHED press release of October 23, 2024: *ACHED requests retraction of the ADEME 2010 study.(L'ACHED demande la rétractation de l'étude ADEME 2010.)*

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See also

[8c] *Standard time in Europe to smooth demand on the electricity network.*

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[25] book by Leonor Gabarain-Echevarria chapter 3 “Energy: gain or loss??”

M. EU Report (2017) and challenge

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[Executive summary included]

31a. Communiqué ACHED du 4 novembre 2024 : *Contestation du rapport EPRS 2017.*
<http://heure-ete.net/CP20241104FR.pdf>

N. Public opinion – Gallup poll

32. Gallup. (2023, 17 novembre). *More Than Half in U.S. Want Daylight Saving Time Sunsetting – About half of U.S. adults prefer standard time year-round.*

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

32a. Communiqué ACHED du 19 mars 2025 : L'opinion publique américaine rejette l'heure d'été. (*L'opinion publique américaine rejette l'heure d'été.*)

<http://heure-ete.net/CP20250319FR.pdf>

See also

[47b] *Zeitumstellung: Keine Mehrheit für die Sommerzeit (Changement d'heure : pas de majorité pour l'heure d'été)*

[47c] A small majority of Belgians are in favor of winter time.

O. Ukraine and Russia – support for standard time

33. ACHED. *Original letter to President Volodymyr Zelenskyy (in English) ::*

<http://www.heure-ete.net/letter20250320VZ.pdf>

33a. ACHED. *French translation :*

<http://www.heure-ete.net/lettre20250320VZ.pdf>

We were delighted with the passage of the recent bill in your parliament in July 2024, and we sincerely hope that you will sign it as soon as possible.

33b. ACHED. *Press release from 20 mars 2025 : Hope for standard time in Ukraine. (Espoir pour l'heure standard en Ukraine)*

<http://heure-ete.net/CP20250320FR.pdf>

33c. BBC News. (2014, 22 juillet). *Russia: Putin abolishes 'daylight savings' time change.*

<https://www.bbc.com/news/blogs-news-from-elsewhere-28423647>

33d. ACHED. *Press release you 23 March 2022 : Putin and summer time in Russia told by ACHED.*

<http://heure-ete.net/cp20220323fr.htm>

33e. ACHED. *Russian experience with permanent DST and how it played out for Putin in 2011–14 (in English).*

<http://heure-ete.net/cp20211030en.htm>

P. Textes français sujet heure légale

34. *Law of March 9, 1911 relating to legal time. (Loi du 9 mars 1911 relative à l'heure légale.) Official Journal of the French Republic, March , 10 mars 1911, p. 1905.*

<https://www.legifrance.gouv.fr/jorf/id/JORFTEXT000000868660>

35. *Decree No. 75-866 of September 19, 1975 relating to legal time in 1976. (Décret n° 75-866 du 19 septembre 1975 relatif à l'heure légale en 1976). Official Journal of the French Republic, September 20, 1975, p. 9749*

<https://www.legifrance.gouv.fr/jorf/id/JORFTEXT000000500782>

36. *Decree No. 2017-292 of March 6, 2017 relating to legal time. (Décret n° 2017-292 du 6 mars 2017 relatif à l'heure légale). Official Journal of the French Republic, 7 mars 2017.*

https://www.legifrance.gouv.fr/jorf/article_jo/JORFARTI000034154767Legifrance

Translation Decree No. 2017-292 of March 6, 2017 relating to French legal time
Article 1

I. - Legal time (or legal time) in the territory of the French Republic is fixed by reference to Coordinated Universal Time (UTC) established by the International Bureau of Weights and Measures (BIPM) within the framework of the General Conference of Weights and Measures.

II. - As part of the coordination of French metrology and the rules set by the BIPM for the establishment of coordinated universal time, the Paris Observatory is responsible for establishing the local value of UTC, called "basic legal time", and providing it to users.

III. - Legal time in the different parts of the territory of the French Republic is defined from the basic legal time to which a whole number of hours is added or subtracted under the conditions set out in articles 2 to 4 of this decree

Q. Recent European texts

37. *Parliamentary Assembly of the Council of Europe. (1999). Compliance with the European time zone system (Report No. 8).*

link to English to add

Assemblée parlementaire du Conseil de l'Europe. (1999). *Respect du système de fuseaux horaires européens (Rapport n° 8).*

<https://pace.coe.int/fr/files/16732>

38. Union européenne. *Directive 2000/84/CE du Parlement européen et du Conseil du 19 janvier 2001 relative aux dispositions concernant l'heure d'été*. *Journal officiel des Communautés européennes*, L 31 (2 février 2001) : 21–22.
<https://eur-lex.europa.eu/legal-content/FR/TXT/?uri=CELEX%3A32000L0084>.

[link to English to add](#)

39. Parlement européen. (2019, 26 mars). *Résolution législative sur la suppression du changement d'heure* (P8_TA(2019)0225, A8-0169/2019).
https://www.europarl.europa.eu/doceo/document/TA-8-2019-0225_FR.html

[link to English to add](#)

39a Parlement européen, *Résolution du 8 février 2018 sur l'heure d'été* (2017/2968(RSP)), doc. TA/8/2018/0043. En ligne :
https://www.europarl.europa.eu/doceo/document/TA-8-2018-0043_FR.pdf

[link to English to add](#)

40. Conseil de l'Union européenne. (n.d.). *Changements d'heure saisonniers*.
<https://www.consilium.europa.eu/fr/policies/seasonal-time-changes/>

40a Commission européenne, *Annexes à la communication de la Commission COM(2025) 45 final : Vers une évaluation plus cohérente des politiques européennes en matière d'énergie et de climat*, Bruxelles, mars 2025. En ligne :

No French ?

https://commission.europa.eu/document/download/7617998c-86e6-4a74-b33c-249e8a7938cd_en?filename=COM_2025_45_1_annexes_EN.pdf

See also [\[31\]](#) the last European Report (only in English) of 2017 that we contest
See also [\[25\]](#) book by Leonor Gabarain-Echevarria chapter 1 “but who decides?”

R. International scientific studies

41. Kellogg, R., & Wolff, H. (2008). *Does Extending Daylight Saving Time Save Energy? Evidence from an Australian Experiment*. *Journal of Environmental Economics and Management*, 56(3), 207–220.

<https://doi.org/10.1016/j.jeem.2008.02.003>

42. Kotchen, M. J., & Grant, L. E. (2011). *Does Daylight Saving Time Save Energy? Evidence from a Natural Experiment in Indiana*. NBER.

<https://www.nber.org/papers/w14429>

42a. ACHED. *Extract from the letter to Ms. Thillaye dated February 28, 2019 : Residential electricity overconsumption and carbon emissions compared to ADEME*

figures.

http://heure-ete.net/20190228_A6.1&2.pdf

CHAUFFAGE ET CLIMATISATION RÉSIDENTIELLE

639 GWh de surconsommation électrique résidentielle
(au lieu de 321 GWh d'économies avancées par l'étude ADEME – chiffre 2009)

558 600 tonnes de CO₂ en plus en 2030
(au lieu de 92 685 tonnes en moins selon le rapport ADEME)

⇒ **Soit un rapport de 6 avec un signe opposé.**

42b California Energy Commission (CEC). 2001. The Effects of Daylight Saving Time on California Electricity Use. By A. Kandel and D. Metz. Publication 400-01-013.

43. Hecq, W., Borisov, B., & Totte, M. (1993). *Daylight saving time effect on fuel consumption and atmospheric pollution*. *Science of The Total Environment*, 133(3).
[https://doi.org/10.1016/0048-9697\(93\)90248-5](https://doi.org/10.1016/0048-9697(93)90248-5)

En 1993, l'étude belge estimait l'▲ des émissions de CO₂ causée par l'▲ du trafic belge de loisir en soirée à 111 kT de CO₂ / an. Plus que l'économie estimée par l'ADEME en 2009 au niveau de l'éclairage en France à 34 kT de CO₂ / an en 2030 ,ou même que l'effet prétendu total.

42a. ACHED.Press release from October 28, 2023 : Summer time – figures for a surge in fuel consumption and carbon emissions.

(Heure d'été – chiffres d'une envolée de la consommation de carburant et des émissions carbone.) <http://heure-ete.net/CP20231028FR.pdf>

Circulation de loisir

L'augmentation du trafic automobile en France en soirée (loisirs ? retours de travail ?),

sur la base de l'étude belge, serait de l'ordre de :

111 * 0,5 * 7 = 388 kt de CO₂ par an

⇒ **Plus de 10 fois la baisse attribuée aux économies d'éclairage par l'ADEME.**

44. Giuntella, O., & Mazzonna, F. (2019). *Sunset time and the Economic Effects of "Social Jetlag": Evidence from US Time Zone Borders*. *Journal of Health Economics*, 65, 210–226.
<https://doi.org/10.1016/j.jhealeco.2019.03.007>

43a. Communiqué ACHED du 20 mai 2019 : *Heure du coucher du soleil et effets économiques du jetlag social*.

http://heure-ete.net/CP_20190520_FR.pdf

43b. Communiqué ACHED du 31 octobre 2022 : *Heure d'été (double) : la santé française trinque en milliards* (Giuntella – Mazzona)

<http://heure-ete.net/CP20221031FR.pdf>

7 billion euros per year in additional health consumption
with the advancement of time in France ("double summer time" effect).

7 milliards d'euros par an en consommations de santé supplémentaires
avec l'avancement de l'heure en France (effet "heure d'été double").

S. American consumers and critics

45. *The New York Times*. (2016, 12 mars). *Daylight saving increases gasoline consumption*.

<https://www.nytimes.com/2016/03/12/us/daylight-saving-time-farmers.html>

45a. NACS. (2010). *Chairman Jeff Miller: Time to Celebrate Our Achievements*.

https://web.archive.org/web/20180602145802if_/http://www.convenience.org/Media/press_releases/2010/pages/pr1008102.aspx#.WxKwms37Tb0

45b. ACHED. *Press release of October 30, 2021 : Fuel – summer time loved by oil tankers, a lobbyist talks about it*.

<http://heure-ete.net/cp20211030fr.htm>

45c. ACHED. *Gasoline, DST systems = darlings of fossil fuel resellers says a lobbyist* (in English).

<http://heure-ete.net/cp20211030en.htm>

T. Consultation 2018

46. Commission européenne. *Public Consultation on EU Summertime Arrangements: Report of Results*. Document de travail des services de la Commission SWD(2018) 406 final, 12 septembre 2018.

<https://eur-lex.europa.eu/legal-content/EN/TXT/HTML/?uri=CELEX%3A52018SC0406&from=EN>

47. Commission européenne. *Public Consultation on EU Summertime Arrangements: Report of Results*. Document de travail SWD(2018) 406 final, 12 septembre 2018.

<https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=celex%3A52018SC0406>

47a RFI. "France: not everyone is in favor of maintaining summer time." « France : tout le monde n'est pas favorable au maintien de l'heure d'été ». *RFI*, 27 octobre 2018.

<https://www.rfi.fr/fr/france/20181027-dernier-changement-heure-hiver-garder-heure-ete-france-europe>

47b Initiative Markt und Sozialforschung- Market and Social Research Initiative. (2019, January 11). (*Zeitumstellung: Keine Mehrheit für die Sommerzeit*. Time change): No majority for summer time. Presseportal.de. . (2019, 11 janvier).Presseportal.de.

(Time change: no majority for summer time)

<https://www.presseportal.de/pm/69369/4163078>

47c Le Soir. (2019, October 23). A small majority of Belgians are in favor of winter time. (Une petite majorité de Belges se prononcent en faveur de l'heure d'hiver.)

<https://www.lesoir.be/255825/article/2019-10-23/une-petite-majorite-de-belges-se-prononce-nt-en-faveur-de-lheure-dhiver>

See also [51][52][53] [54]

U. Consultation 2019

48. National Assembly. *Citizen consultation on the end of the time change*. Launch: February 2019 (Assemblée nationale. *Consultation citoyenne sur la fin du changement d'heure*). février 2019

<https://www2.assemblee-nationale.fr/consultations-citoyennes/consultations/fin-du-changement-d-heure>

49. Vaugoude, Martin. "Time change. Winter time activists call on the government." ("Changement d'heure. Les militants de l'heure d'hiver interpellent le gouvernement.") Le Télégramme, October 23, 2019.

<https://www.letelegramme.fr/france/changement-d-heure-les-militants-de-l-heure-d-hiver-interpellent-le-gouvernement-123990.php>

See also [51][52][53] [54]

V. French consumers and critics

50. UFC Que Choisir. (2016, March 25). *Time change: Did you say "audit"? (Vous aviez dit « audit » ?)*

<https://www.quechoisir.org/billet-du-president-changement-d-heure-vous-aviez-dit-audit-n42072/>

51. UFC Que Choisir. (2019, February 28). *Time change: doubtful validity for the consultation. (Changement d'heure : validité douteuse pour la consultation.)*

<https://www.quechoisir.org/actualite-changement-d-heure-validite-douteuse-pour-la-consultation-n64283>

52. Agnès, Solène, et Léa Sanchez. "Why is it so difficult to draw conclusions from online consultations?" ("Pourquoi est-il si difficile de tirer des conclusions des consultations en ligne ?") *Le Monde*, March 15, 2019
https://www.lemonde.fr/societe/article/2019/03/15/pourquoi-est-il-si-difficile-de-tirer-des-conclusions-des-consultations-en-ligne_5436808_3224.html
53. Lemoine, M. (2019, April 8th). *Duplicate contributions, frenzied participants... the limits of the great online debate* (*Doublons de contributions, participants frénétiques... les limites du grand débat en ligne*) . *Le Monde*.
https://www.lemonde.fr/les-decodeurs/article/2019/04/08/doublons-contributeurs-frenetique-s-les-limites-du-grand-debat-en-ligne_5447578_4355770.html
54. Mazeaud, Alice, et Guillaume Gourgues. Citizens' conventions are characterized by a persistent procedural vacuum." ("Les conventions citoyennes s'illustrent par un vide procédural persistant.") *Le Monde*, 16 mai 2024.
https://www.lemonde.fr/idees/article/2024/05/16/les-conventions-citoyennes-s-illustrent-par-un-vide-procedural-persistant_6233558_3232.html

See also [[25](#)]book by Leonor Gabarain-Echevarria chapter 11 "Opinions and media" for before 2015

W. Accidents, Productivity, Education

W1. Transportation accidents

55. No recent study that holds up in relation to the chronic advancement of time.
I am not quoting anyone except ACHED.
To our knowledge, all studies neglect to incorporate the increase in traffic.

55a Press release - October 23, 2015

Road accidents, daylight saving time and difficult traffic conditions

<http://heure-ete.net/communique231015.html>

55b October 2005 ACHED press release: Summer time increases the number of accidents:
ACHED alerts French and European officials

<http://heure-ete.net/communique231015.html>

See also quote [[30](#)] page 68 of the ADEME final report

See also [[31](#)] page 28 of the 2017 European report

See also [[25](#)] book by Leonor Gabarain-Echevarria chapter 5 Victims of accidents
traffic

W3. Work accidents

56. Barnes, C. M., & Wagner, D. T. (2009). Changing to daylight saving time cuts into sleep and increases workplace injuries. *Journal of Applied Psychology*, 94(5), 1305–1317.
<https://doi.org/10.1037/a0015320>
- 57a American Psychological Association. (2009, September 1). Losing sleep over daylight saving time leads to more workplace injuries.
<https://www.apa.org/news/press/releases/2009/09/daylight-injury>
57. Le Monde. (2018, October 29). *German construction industry opposed to the abolition of winter time (.Le BTP allemand opposé à la suppression de l'heure d'hiver.)*
<https://www.lemoniteur.fr/article/le-btp-allemand-oppose-a-la-suppression-de-l-heure-d-hiver.2033140>
58. Communiqué du 15 avril 2020 / Press Release of April 15th 2020 bilingue / bilingual
FR Le facteur heure d'été double dans l'incendie de Notre Dame, rappel un an après
<http://heure-ete.net/CP20200415FREN.pdf>
59. Annexe n°8 : Conditions de travail- Réponse de la Fédération Nationale du Bâtiment Sénat. (1996). *Rapport d'information sur le changement d'heure n° 60 (1996-1997)*, présenté par M. Jean-Michel Baylet au nom de la délégation du Sénat pour la planification. Vie publique. <https://www.vie-publique.fr/files/rapport/pdf/964139900.pdf>

See also [25] book by Leonor Gabarain-Echevarria page 92 for work accidents

See also [31] page 28 of the 2017 European report to see that work accidents are not mentioned although we talk about road accidents and crimes.

See also [28] et [28a] French Senate Reports

W3. Home accidents

60. No study?

Related with health and accidents of work.

W4. Crime

61. No study that holds up in relation to the chronic advancement of time

See also [31] page 28 of the 2017 European report

W4. Education and intellectual performance, Productivity

62. Hafner, M., Stepanek, M., Taylor, J., Troxel, W. M., & van Stolk, C. (2016). *Why Sleep Matters—The Economic Costs of Insufficient Sleep: A Cross-Country Comparative Analysis*. RAND Corporation. <https://doi.org/10.7249/RR1791>

See also [25] book by Leonor Gabarain-Echevarria page 75 and chapter 8 for school rhythms and chapter 9 "Work, how tired!"

X - Impact of Time change specifically

Note: Although it is difficult to separate change and advancement, while it is easy to forget advancement, there is nonetheless a proven relationship between advancement and proven sleep loss. Moreover [18] [19]

63. Chmura. (2022, November 6). *Daylight Saving Time: Good or Bad?* Chmura Economics & Analytics. <https://www.chmura.com/blog/dst#fn20>

63a ACHED Press release of March 29, 2024

What cost is associated with losing sleep during the March time change? Quel coût est associé à la perte de sommeil au moment du changement d'heure de mars?

<http://heure-ete.net/CP20240329FR.pdf>

Y. Pollution

64. eBy increasing emissions in parallel with Carbon emissions

See also ozone topic

[42] , Quote [30] page 68 of the ADEME final report

See also [25] book by Leonor Gabarain-Echevarria chapter 10 "Photo-oxidants on the rise"

Z- Autres

65. Lincicome, Scott. (2023, March 10). *End Daylight Saving Time*. Cato Institute.
<https://www.cato.org/commentary/enddst>

66. Clear, James. *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*. New York: Avery, 2018.

In French Un rien peut tout changer : des habitudes atomiques pour une vie extraordinaire.

In Atomic Habits, James Clear emphasizes that to build lasting habits, it's essential to focus on systems rather than goals. He says bad habits persist not because of lack of willpower, but because of ineffective systems for change. So, "You don't rise to the level

of your goals. You descend to the level of your systems."

Clear suggests focusing on daily improvements of 1%, which, cumulatively, lead to significant long-term results. It also introduces the concept of the Four Laws of Behavior Change to make it easier to adopt good habits and abandon bad ones.

By putting effective systems in place and focusing on daily processes, it becomes possible to achieve meaningful transformations without relying solely on setting ambitious goals.

Note: Changing time and UTC+2 time have been corrupting our systems since 1976. The stable time closer to solar time is more favorable. Signed ACHED.

See also [25] book by Leonor Gabarain-Echevarria chapter 4 "Illusory leisure"

67. Zaka, Serge, et Jérémie Szpirglas. *Orages sur le climat*. Paris : HarperCollins, 2023.

68. Groupe d'experts intergouvernemental sur l'évolution du climat (GIEC). *Résumé à l'intention des décideurs. Contribution du Groupe de travail I au sixième Rapport d'évaluation du GIEC : Les bases scientifiques*. Genève : GIEC, 2021.

https://www.ipcc.ch/report/ar6/wg1/downloads/report/IPCC_AR6_WG1_SPM_French.pdf

69. Huet, Sylvestre. *Le GIEC : Urgence climat. Le rapport incontestable expliqué à tous*. Paris : Tallandier, 2023.

70. Jancovici, Jean-Marc. *Climate: Jean-Marc Jancovici's cry of alarm*. (*Climat : le cri d'alarme de Jean-Marc Jancovici*). Interview by Anne-Élisabeth Lemoine. Emission "C à vous." France 5, 19 février 2024. Vidéo YouTube, 11:47.

<https://www.youtube.com/watch?v=bc-EsQWX2e8>

71. Haut Conseil pour le Climat. Opinion on the multiannual energy programming project (PPE3). Paris: HCC, February 21, 2025. (*Avis sur le projet de programmation pluriannuelle de l'énergie (PPE3)*).

<https://www.hautconseilclimat.fr/publications/avis-sur-le-projet-de-programmation-pluriannuelle-de-lenergie-ppe3>

72. Hansen, James E., Makiko Sato, Pushker A. Kharecha, and others. "Global Warming Has Accelerated: Are the United Nations and the Public Well-Informed?" *Environment: Science and Policy for Sustainable Development*, vol. 67, no. 2 (2025): 4–23.

<https://www.columbia.edu/~jeh1/publications.shtml>

73. Organisation météorologique mondiale. Genève : OMM, janvier 2025. World Meteorological Organization. *WMO report shows worsening effects of weather and climate.* Geneva: (*Un rapport de l'OMM fait état de l'aggravation des effets du temps et du climat.*) WMO, January 2025.

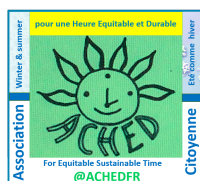
<https://wmo.int/fr/media/news/un-rapport-de-lomm-fait-etat-de-laggravation-des-effets-du-temps-et-du-climat>

74. Macron, Emmanuel. "Make Our Planet Great Again." *Discours en réponse au retrait des États-Unis de l'Accord de Paris*, 1^{er} juin 2017.

<https://www.youtube.com/watch?v=tc3yEJ3yBv8>

75. Vie publique, « *Heure d'été : 5 questions sur le changement d'heure* », 24 octobre 2023. En ligne :

<https://www.vie-publique.fr/questions-reponses/271194-heure-dete-5-questions-sur-le-changement-dheure>



**ACHED - French Citizens' Association
for Equitable and Sustainable times o'clock**

Since 1983 for the end of double DST of France

For the reduction of forward timelags on the clock

14 avenue de Saint-Germain, 78160 Marly-le-Roi FRANCE

achedinfo@gmail.com + 33-977 19 91 14

For the attention of

Mr. Volodymyr Zelenskyy, President of Ukraine

March 20th, 2025

Subject: the right time for Ukrainians, signing the July 2024 bill:

(про обчислення часу в Україні - About the calculation of time in Ukraine)

Dear Mr. President,

We were thrilled by the passage of the recent bill¹ in your parliament in July 2024, and we sincerely hope you will sign it as soon as possible. Our deepest gratitude goes to your parliament and your country for supporting this important measure. However, it has not received yet your signature while the usual time change approaches (March 29-30). We understand that you are facing numerous pressing issues, and we acknowledge reports of a petition gathering over 25,000 signatures opposing the bill. Despite this, we remain hopeful that you will sign it, and we would like to share some key observations that may assist in your decision.

First and foremost, it is important to remember that Russia has already ceased seasonal time changes and has opted for permanent standard time aligned with Moscow's natural time zone (UTC+3). This decision followed a complex process: initially, Russia abolished clock changes but retained permanent daylight saving time (DST), which led to widespread discomfort, especially in winter. Recognizing this, President Putin reinstated standard time year-round², a move that ultimately benefited the Russian population. Their experience serves as a valuable example.

-Note 1: Kyiv is ideally situated 30°31' E (30.52° East longitude). This longitude aligns Kyiv close to its natural solar time, meaning UTC+2 (standard time) is the most appropriate for its geographical location. For the rest of the country, your Westernmost meridian is: 22°08'E (Zakarpattia Oblast). Your Easternmost meridian: 40°13'E (Luhansk Oblast). Typically timezones span 15° so your country is not far from perfectly fitting the UTC+2 timezone.-

Secondly, while a petition³ with 25,000 signatures is noteworthy, it does not necessarily reflect the broader interests and opinions of society as a whole. Petitions often represent the views

¹ <https://itd.rada.gov.ua/billInfo/Bills/Card/4294> Draft Law on Time Calculation in Ukraine , No. 4201 sent to the President of Ukraine for signature on 21.08.2024.

² <https://www.bbc.com/news/blogs-news-from-elsewhere-28423647> Russia: Putin abolishes 'daylight savings' time change Published 22 July 2014

³ <https://petition.president.gov.ua/petition/230584> Petition about No. 4201 law

of vocal groups, which may not always be well-informed or representative of the majority. Additionally, we have not come across any reliable, large-scale polling in Ukraine on this matter. What we have seen is a call for maintaining the status quo based on fear rather than facts. However, we believe that educated Ukrainians—like their Russian counterparts—would genuinely welcome not only the end of time changes but also the adoption of permanent standard time (Kyiv time). This aligns with global trends, as demonstrated by a recent Gallup⁴ poll in the United States, which indicates increasing awareness of the benefits of permanent standard time over DST.

Thirdly, the interest of permanent standard time is beyond the opinion. Consider all the scientific research about sleep, and navigate with care the energy research often written with a political bias for DST. Permanent standard time is best to sleep better, to save on health care, to save on heating and air conditioning, car usage and to reduce carbon emissions. The more you sleep the less consumption and emissions. The petition that has protested against the bill wants to make people afraid of increased energy costs in the evening. That is completely unconfirmed and if true could be managed. Estimates of savings with DST have always been biased. Conversely the increased morning peaks induced by DST in the morning are rarely mentioned. Have you heard about Russia having electricity problems in the evening after stabilizing on standard time?

-Note 2: In consideration for the current situation of your country we should mention the importance of clock time for operations, flights etc... Typically all operations should not be affected if already handled with a stable time. Commonly the flights use UTC, the Universal or Military time. For local operations we hope you already handle in UTC time or in Kyiv standard time.-

In conclusion, a stable and standard time system provides a strong foundation for society, benefiting sleep, health, and climate stability. We deeply appreciate Ukraine's efforts to return to its natural time zone, and we strongly encourage you to sign this bill without delay for immediate or 2026 application. Given the ongoing climate crisis, acting swiftly could also set a positive precedent for other nations. In the footnotes, you will find letters we have sent to the UN and the EU regarding this issue. If possible, we would appreciate your support in ensuring that these messages^{5 6 7 8} are acknowledged and considered (#BacktoTheTimeZone, #RetourVersLeFuseau, #Naturaltimezonesforclimate).

Wishing you the very best and hoping for peace and a survivable climate around us all.

For ACHED, its president, LM Gabarain.

⁴ <https://news.gallup.com/poll/657584/half-daylight-saving-time-sunsetted.aspx> More Than Half in U.S. Want Daylight Saving Time Sunsetted - About half of U.S. adults prefer standard time year-round

⁵ <http://www.heure-ete.net/letter20211030UVL.pdf> Letter (in English) 30-Nov-2021 to the EU commission

⁶ <http://www.heure-ete.net/letter20211027AG.pdf> Letter (in English) 27-Oct-2021 to United Nations

⁷ <http://www.heure-ete.net/Recentletters.pdf> Recent letters

⁸ <http://heure-ete.net/ached.htm> Press releases since 2006