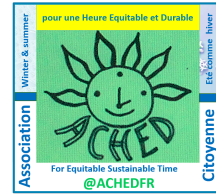


Press release

November 3, 2024

**Message from ACHED to
Americans about the
#naturaltime365 opportunity
for health but also for
climate**



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, is happy for the Americans that most have just fallen back closer to their natural standard times. With the time zone system, each location can have at the clock a standard time plus or minus 30 minutes from solar time. ACHED calls the **ideal and desirable state** of natural standard time year round : **#Naturaltime365** and **#NaturalTimeZonesforClimate**.

But as shown by bills in Congress and states, there is a **danger that American States in the near future choose to stay year round at the forwarded time that is commonly called #DaylightSavingTime or #DST. On the other hand there is an opportunity to choose to go #Naturaltime365**

France is a bit complicated and we have tried to restore better time settings for a long time without yet success. The matter of France and of the **Association was featured in 2015 in the New York Times**. We are still trying and the matter is of interest because of **issues with health, climate and people tired with time changes. Anyway please find here a brief take that we hope can help.**

Health considerations and \$ magnitude

The French people live (survive) with double DST in the summer since 1976 and have a...winter DST. **Time changes hurt but also time stays at forwarded times** We notice problems at time changes, but it is quite difficult to realize the effect of the time forwarding. **So we thank the chronobiologists, economists and other specialists who have studied the question with means that we don't have and point out:**

-**the letter from European chronobiologists** of 2019 which in the event of the end of time changes and a choice for permanent time recommends less forwarded standard times.

-**the British Sleep Society position statement (2024)** where British chronobiologists recommend stopping time changes and returning the United Kingdom to normal/standard time all year round.

-**the Giuntella study** (2019) which quantifies the harm of an hour in advance all year round comparing sides at time zone borders in the USA.

ACHED uses the Giuntella study to highlight 100 euros / year / person in **additional health spending**, or around 7 billion euros for France because of double DST vs a single DST .

For the United states, the order of magnitude of the choice of daylight saving time vs standard time in terms of health spending would be 30* billion \$ / year. Approximately a factor of 4 based on the US affected population vs France.

Energy/climate side and Tons of CO2 magnitude

The French were historically told that DST was to save oil, electricity and energy. Several studies have been carried out and **only saving on lighting in summer** holds up (1 euro / person / year!) and has decreased over time with LED lamps.

We warn you about some French and European impact reports circulating: they do not address the effect of moving forward the time in winter, the increase in consumption by sleepless citizens, the increase in car use, and they are challenged on their heating and air conditioning evaluations.

ACHED estimates that forwarded time in France increases our carbon emissions by 10 million tons of CO2/year via increased consumption, car use, heating and air conditioning. If a ratio of 4 applies, that would be 40 million Tons of CO2, so about 20 million cars on the road.

We hope our perspective can help you thinking about health and climate benefits with #Naturaltime365 and not falling for permanent DST. Maybe if the United States showed a good example, our country will follow.

ACHED FR Citizens' Association for Equitable and Sustainable times Formerly Association Against Double Summer Time

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Appendix 1 to the ACHED press release of November 3 2024

A US population 337 362 000

<https://www.census.gov/popclock/?os=app&ref=app>

Minus Continental population we suppose would not move to forwarded time

Arizona 7 497 000 <https://worldpopulationreview.com/states/arizona>

7 497 000

= 329 865 000

Minus non continental population

Hawaii 1 430 000 <https://worldpopulationreview.com/states/hawaii>

Puerto Rico 3 239 000 <https://www.worldometers.info/world-population/puerto-rico-population/>

U.S. territories Guam, American Samoa, Northern Marina Islands and the U.S. Virgin Islands

= 325 196 000

About 325 million , we will round to 300 million

B Standard times and natural standard times.

France has a natural time and past standard time at UTC+0, a current standard time at UTC+1 and a DST time at UTC+2. If France was to adopt UTC+0 most of the metropolitan residents would have natural standard time. In the USA, time zones were designed with the same concept as France, with few exceptions DST times are far off ahead those 30 minutes.

C The risk that States are allowed to choose permanent forwarded time

<https://www.sleepfoundation.org/sleep-news/latest-updates-daylight-saving-time-legislation-change>

D The risk that federal law allows States to implement forwarded time

<https://www.congress.gov/bill/118th-congress/house-bill/1279>

https://en.wikipedia.org/wiki/Sunshine_Protection_Act

<https://www.sleepfoundation.org/sleep-news/latest-updates-daylight-saving-time-legislation-change>

<https://www.usatoday.com/story/news/nation/2024/11/02/daylight-saving-time-state-laws/75914727007/>

E ACHED in the New York times in 2015

<https://www.nytimes.com/2015/10/25/opinion/sunday/frances-wrinkle-in-time.html>

F About ACHED estimates

We have a history of 40 years discussing the matter with the French government and EU organs.

We appear in reports and documents that are listed on our website for the most recent ones.

We spotted the [Giuntella study as soon as it was published in 2019](#) and saw its applicability for France.

We have elaborated the carbon emissions based on several studies that encompass several areas and not only lighting that is typically only considered. Also we factor that people sleep less and consume more.

As we are a very small NGO with little resources, we have not published a scientific paper (yet?).

But letters, reports, books, and press releases on [our website \(maintained since 2004\)](#) document our scientific approach .

We have a petition since 2020 #RetourVersLeFuseau here. <http://chnng.it/hYNdXtk4LH>

We accept donations to help our mission as a registered French non profit organization. <http://heure-ete.net/adhesion.htm>