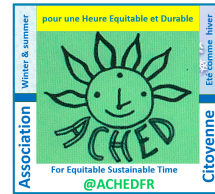


March 24 2025 (translated March 2,
updated April 1, 20258)

PRESS RELEASE

Open letter from ACHED







**Millions of tons of CO₂
emitted with double DST***




ACHED since 1983
@ACHEDFR

In 2025, while France says it is committed to drastically reducing its greenhouse gas emissions and improving public health, it continues to ignore a simple, effective and underestimated lever: **the return to a more natural legal time**, shifting **back towards solar time (#RetourVersLeFuseau)**.

Today, ACHED sent an open letter to the President of the French Republic, Emmanuel Macron. It draws on scientific, medical, energy and social data to demonstrate that **the current system – marked by double DST* (UTC+2 in summer, UTC+1 in winter) – worsens both our carbon footprint and our health** :

-  **Sleep at half mast** : average reduction in sleep time of up to 1.5 hours in 50 years.
-  **Overconsumption of energy** : increased need for morning heating and evening air conditioning.
-  **Increased fuel and traffic** : more morning and evening trips, more motorized leisure transportation.
-  **Health cost estimated at 7 billion euros per year**, equivalent to **777,000 tonnes of CO₂**.
-  **The alleged lighting savings (30 kT CO₂) are clearly offset by additional costs not assessed by ADEME.**
-  **1.7 MtCO₂ of estimated avoidable emissions**, even up to **20 MtCO₂**, depending on the effect of a return to restful sleep and natural rhythms.

 **The ACHED calls for an exit from the statu quo**, stirring away from a permanent daylight saving time (UTC+2), and adopting a **standard time closer to solar time (UTC+0 or UTC+1)**, consistent with the recommendations of chronobiologists, sleep doctors, economists and climate experts.

The association indicates that **choosing a permanent double DST time at UTC+2 would worsen the situation**. It recalls asking for **retraction of the ADEME report of 2010** that maintained to see energy savings and reductions in greenhouse gases while it is quite the opposite with a **significant share in total French emissions**. False or incomplete communications have shaped opinions and decisions for decades. **It's time to reconsider.**

 **Read the letter:** ♦ [Original letter French version](#) (English version still in progress)

 **4 additional images to understand at a glance attached (Appendix 1 to 4)**

Support Shifting #BackToTheTimeZone for France

Sign the ACHED petition on Change.org : [Link to petition](#) #RetourVersLeFuseau

- ♦ **In accordance with the recommendations of the Council of Europe :**
 - ✓ Adoption of a **standard time UTC+1** without time change
 - ✓ Or **UTC+0** with maintaining a time change (summer/winter)
- ♦ **Ideally :**
 - ✓ **End of time changes** and adoption of a **standard time UTC+0**

Please sign to support the open letter. [Sign if you're tired of time changes and want the right time!](#)

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

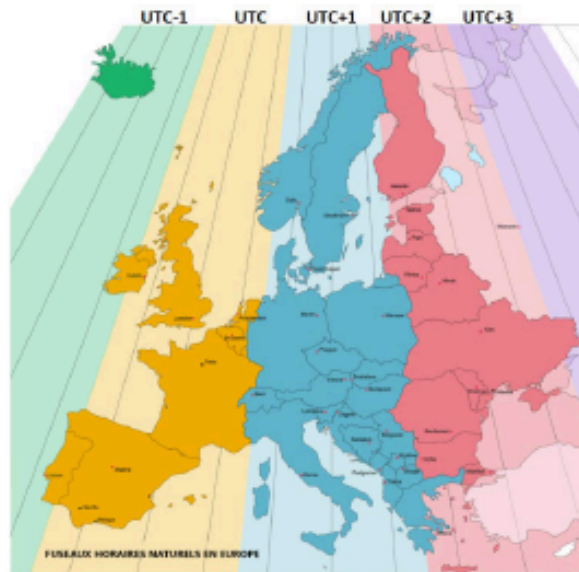
ACCHED FR Citizen Association Time Equitable and Sustainable Formerly Association Against Double Summer Time

Press: <http://www.heure-ete.net/ached.htm> **Contact:** +33-9 77 19 91 14 achedinfo@gmail.com **Memberships:** www.ached.fr



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

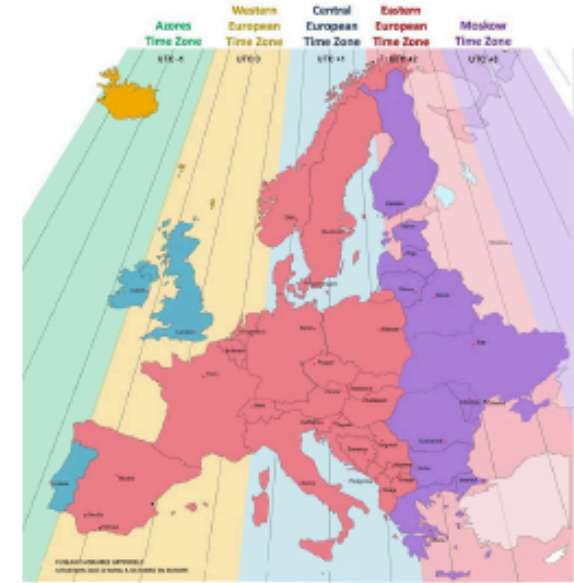
Presently during winter
In France since 1945



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

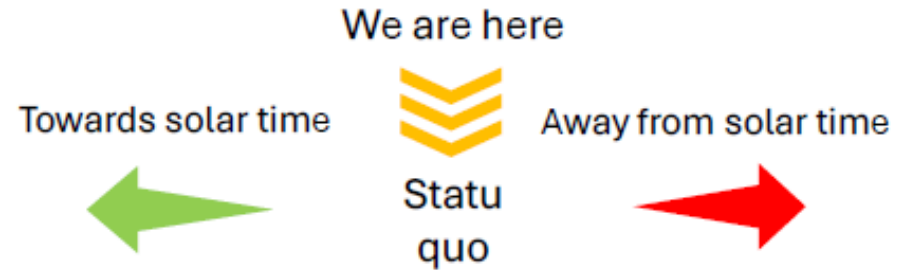


France at UTC+2 , the solar time of **30°E meridian** that runs close to Kiev in Ukraine

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



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

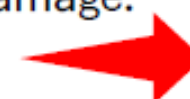
REAL overconsumption reviewed by ACHED

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?

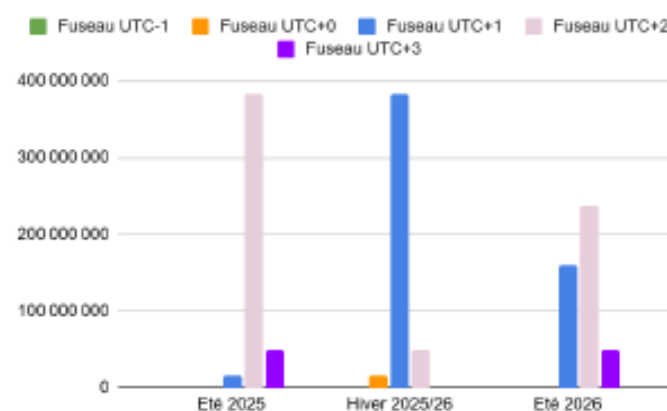


Appendix 4: Energy benefits of a more natural European time distribution

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 ined