

Press Release

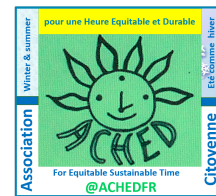
ACHED FR: October 14, 2021

14 reasons for a better time on our clocks

Autumn 2021: 14 reasons for better times o'clock
Stable & normal time zones, advocated by ACHEDFR in France and Worldwide

1. Shorter **workday** potentially
2. More restful **sleep**; better tuned **circadian rhythms**
3. Stronger immunity
4. **Smarter** at school, work, (nursing) homes
5. Beneficial morning **sun**
6. Enjoyable evening **penumbra**
7. **Better health**: less sickness: cancers, Alzheimer, diabetes, obesity; less drugs.
8. Fewer **accidents**
9. Fewer **cars**, more bikes and pedestrians
10. Less **violence**
11. End of **time changes**
12. Simplified science and experiments
13. **Savings** in heating and AC, more manageable electrical grids
14. Less carbon emissions, less **climate** danger

Association Citoyenne Pour une Heure Equitable et Durable
depuis 1983 pour la fin de l'HEDE (heure d'été double)



ACHED

French Citizens' Association
for an Equitable and Sustainable time,
Since 1983 for the end of
double DST in France

@ACHEDFR

Easy to forget, easy to lack time to say, ACHED informs French citizens on the basis of the state of its knowledge accumulated since 1983: there are **at least 14 reasons to ask better times o'clock**:

1. Shorter workday potentially
2. More restful sleep; better tuned circadian rhythms
3. Stronger immunity
4. Smarter at school, work, (nursing) homes
5. Beneficial morning sun
6. Enjoyable evening penumbra
7. Better health: less sickness: cancers, Alzheimer, diabetes, obesity; less drugs.
8. Fewer accidents
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List in French and English, explanations are on twitter **@ACHEDFR**.

Since 1983 ACHED, the French Citizens' Association for Equitable and Sustainable time, has been asking for a better time on French watches . Until the First World War, the time in France had remained close to **solar time**, close to Greenwich / Alençon time. But on the momentum of the First World War, the legislators and rulers introduced **time changes** in the spring and fall, replaced by a **permanent advance** at the end of the second world war, and more recently, in 1976, the permanent advance was combined with **time changes**. **So today France operates under Ukrainian normal time in summer and under German normal Time in the winter**. Also the phenomenon has been contagious worldwide (chronopandemia). Thus the European and world time zones are very anarchic, with time changes and time advances. If we stopped changing the time and came back to more normal time zones, aligned with our solar times, the benefits would be immense.

In a context of our threatened health and future, on the eve of COP26, it is important to be well informed.

This fall, October 31, 2021 at 3 a.m. it will be 2 a.m.... we will set the time back on the watch.

In 2022, if we change the time in spring, at the end of March, the reverse is expected: at 2 a.m. it will be 3 a.m.

Or, we could stay at 2 a.m., for our good in terms of health and climate.

For any questions or clarifications, contact achedinfo@gmail.com