



## **Press release, June 16 2019**

**Biological Rhythms specialists tell us to abolish all annual or permanent DST systems and go Standard**

**Position paper of the SRBR issued June 6 2019, translations**

ACHED - Association française Contre l'Heure d'Été Double, Pour la réduction des avancements de l'heure

Association loi 1901 depuis 1983

L'ACHED informs you of the recent issue of a "Position Paper" by the SRBR, (Society for Research on Biological Rhythms = Société de recherche sur les Rythmes biologiques)

Roenneberg, Till, et al. "Why Should We Abolish Daylight Saving Time?" *Journal of Biological Rhythms*, vol. 34, no. 3, June 2019, pp. 227–230, doi:[10.1177/0748730419854197](https://doi.org/10.1177/0748730419854197)

### **Translation and comments by ACHED**

[-French](#)

[-English](#)

[-Spanish](#)

[-Other](#)<sup>1</sup>

### **Here their final words:**

#### **Original**

**We therefore strongly support removing DST changes or removing permanent DST and having governing organizations choose permanent Standard Time for the health and safety of their citizens.**

#### **French translation:**

**“Par conséquent, nous soutenons fermement la suppression des heures d’été annuelles ainsi que celle des heures d’été permanentes, et nous encourageons les organes de décision à choisir l’heure standard (normale) pour assurer la santé et la sécurité de leurs citoyens.”**

Another society, EBRS (European Biological Rhythms Society = Société Européenne des Rythmes Biologiques) had issued formerly a one page "Position Paper" in October 2018 directed to the European governments.

[-original](#)

[-English](#)

[-French](#)

**Both positions are in agreement.**

**SRBR makes it a worldwide and published issue.**

<sup>1</sup> Engine translation that might be improved