

International Alliance for Natural Time Applauds EU’s Move to End Seasonal Clock Changes by 2026 Calls for Adoption of Natural Time Zones Across Europe

Europe – March 25, 2025 – The International Alliance for Natural Time (IANT), a global coalition dedicated to promoting sun-based, natural time zones, is urging decisive action to abolish the biannual clock change across Europe. This call comes amid mounting political, scientific, and public support for time reform.

Broad Political Support for Ending Clock Changes

On October 24, 2024, Irish **MEP Seán Kelly**, a member of the European Popular Party, sent a letter which has already been **backed by over 70 MEPs** from across the political spectrum to European Commission President Ursula von der Leyen. The letter urges the European Commission to make ending seasonal clock changes a priority, citing significant risks to **health, safety, and overall well-being**.

“Studies have shown that the clock change can negatively impact sleep patterns, increase the risk of heart attacks and strokes, and lead to a spike in traffic accidents,” the letter states. “Additionally, the energy-saving benefits that once justified the practice have largely diminished, and in fact, the change may even result in increased energy consumption [...] Abolishing the clock change is also in line with the EU’s commitment to simplification [...] and] will be a practical and popular move that would have significant benefits for citizens across Europe.”

Scientific Evidence Confirms Harmful Effects of Time Misalignment

As a result of this political push, the European Parliament hosted a **hearing in Brussels on March 18, 2025**, organized by MEP Seán Kelly and supported by the Barcelona **Time Use Initiative (TUI)**. The event brought together leading experts and MEPs to address the negative impacts of seasonal clock change on **health, the economy, and the environment** while also defining a **shared roadmap** to end this outdated practice in Europe **by 2026**.

The event featured leading experts from various fields, including:

- **Prof. Tomas Havranek** (Macroeconomist, Czech Republic) – Expert on the energy impact of biannual clock changes.
- **Maria Nikolopoulou** (European Economic and Social Committee, Spain) – Expert on the economic consequences of time policies.
- **Prof. Roelof Hut** (Chronobiologist, Netherlands) – Researcher on the biological clock and the effects of circadian misalignment.

- **Dr. Inge Declercq** (Neurologist & Sleep Expert, Belgium) – Specialist in the health consequences of sleep deprivation and time shifts.



EP hearing panel with prof. Tomas Havranek on screen



Petra Söderqvist with MEP Seán Kelly, Maria Nikolopoulou, dr. Inge Declercq and prof. Roelof Hut

They emphasised that in the last 30 years, scientific research has **discredited** outdated myths that DST is beneficial. Studies now show that living outside one's **natural time zone** increases the incidence of **cancer, obesity, diabetes, coronary disease, dementia, depression, and other mental health conditions**. DST and time misalignment also reduce **academic and work productivity, increase road and workplace accidents, and negatively impact GDP**. Additionally, time shifts **increase energy use**, light pollution, and gas emissions, further harming the environment.

The hearing was well received and during the event, **Petra Söderqvist**, advisor to the European Commission's **Commissioner for Transport**, confirmed that *"the Commissioner is very interested in the issue of eliminating clock change this legislative term."* Given this clear willingness, IANT and TUI will continue working with the European Parliament and other civil and scientific organizations to ensure that the EC and the Council of the European Union prioritize this issue and **place it back on their agenda** as soon as possible.

A Clear Path Forward: A Scientifically Endorsed Solution

When asked how this initiative will differ from previous efforts, IANT explains that the earlier EU initiative was sidelined by the Covid-19 pandemic. Now, there are two key differences:

1. The **Council** of the European Union will be **involved from the start** of the process.
2. A **scientifically backed**, simple, and actionable implementation plan is already in place.

This ready-to-implement proposal to end seasonal clock changes has been developed by IANT in collaboration with the Barcelona Time Use Initiative (TUI) and has already been **endorsed by civil society organizations** and leading scientific experts worldwide.

The proposal outlines a straightforward **two-step process**, with the first step being the cessation of the ‘spring forward’ clock change to DST (Daylight Saving Time) for all of Europe. The second step advocates for adopting a **permanent time system aligned as closely as possible with solar time**, known as **Natural Time**. Natural Time means that clock time remains **no more than 30 minutes off from solar time**, ensuring that daily schedules are better synchronized with human circadian rhythms (see fig. 1).

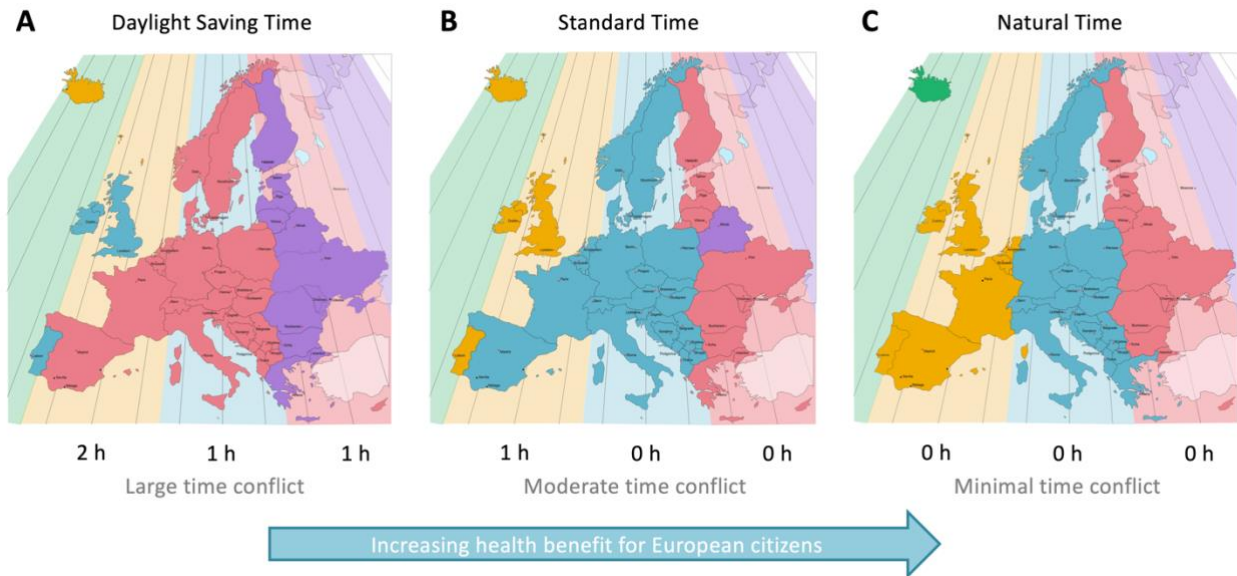


Figure 1: European time zones under DST, current Standard Time and ideal Natural Time.

A Call to Action: Voice your support

To amplify public support, IANT has also launched a petition titled **“Are you sick and tired of changing your clock twice a year?”**, available in **27 languages** at **YouMove Europe**. This initiative allows European citizens to voice their support for time reform and demonstrate the growing demand for Natural Time.

“Our efforts go beyond just ending clock changes,” said **Ticia Luengo Hendriks**, Dutch representative of IANT. *“We are striving to realign society’s rhythm with the natural world. No more fake clocks! This is a necessary reform for health, productivity, and environmental sustainability.”*

“As an example, Eastern Kazakhstan moved back to its natural time zone in March 2024 and has seen a slight decrease in electricity consumption over the past year, whereas there was an increase of 10.4% compared to the same period last year in the Western Kazakhstan region, which remains on permanent DST.”

IANNT and TUI will continue working with the European Parliament, the scientific community, and civil society to keep this issue a priority and ensure the smooth transition to **Natural Time** for the benefit of all Europeans.

About the International Alliance for Natural Time


The **International Alliance for Natural Time (IANT)** is a global coalition advocating for the permanent observation of **geographically appropriate, sun-based time zones**. By championing time policies grounded in **scientific evidence**, IANT aims to enhance **public health, safety, and environmental sustainability**, aligning societal schedules with human biological rhythms and the Earth's natural cycles.

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Note: Members of the press are welcome to request an interview with one of the international experts who endorsed the Permanent Time Zone Proposal:

◆ **Permanent Time Zone Proposal (6 languages):** <https://timeuse.barcelona/what-we-do/permanent-time-zones-eu/>

◆ **Natural Time Petition (27 languages):** <https://action.wemove.eu/sign/2024-10-are-you-sick-and-tired-of-changing-the-clock-twice-a-year-EN>