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NOTE

From:	General Secretariat of the Council
To:	Delegations
Subject:	AOB for the meeting of the Transport, Telecommunications and Energy Council on 20 October 2025 The need to address the daylight saving time given the absence of energy efficiency gains - Information from Spain

The need to address the daylight saving time given the absence of energy efficiency gains

In the European Union, daylight saving time (DST) officially begins on the last Sunday of March and ends on the last Sunday of October, at 01:00 UTC. This means that all participating countries switch their clocks at the same moment, though the local time change varies by time zone.

Nevertheless, no energy gains have been found internationally from Daylight Saving Time (DST). Evidence from the U.S., Australia, Germany or Mexico show neutral or even increased electricity consumption due to higher heating and cooling needs. A 2018 meta-analysis of 44 studies (<https://ideas.repec.org/a/aen/journal/ej39-2-irsova.html>) confirms that the overall energy impact of DST is effectively zero. Moreover, in 2017 the European Parliament's Research Service conducted an exhaustive review of the evidence available and concluded that DST leads to only marginal savings in energy consumption.

Consequently, several countries in the world have decided to revert this practice. In the EU, the European Commission published a proposal in 2018 for ending the seasonal clock changes, a decision prompted by a public consultation showing 84% support for discontinuation. This proposal was aimed at ensuring the proper functioning of the internal market and avoiding disruptions to transport and trade. The European Parliament adopted its position on this issue in March 2019.

Based on the above, Spain calls for the resumption of negotiations on the proposal concerning the elimination of daylight saving, time within the Council. The time has come to address this important issue for the afore-mentioned reasons and considering the renewed interest expressed by several Member States a few months ago during the Polish Presidency.
