

**Question for written answer E-009754/2015
to the Commission**

Rule 130

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Subject: End of daylight savings changes

Since 1973, several European Union Member States have introduced a daylight savings system. Furthermore, these daylight savings changes were harmonised in 1998. However, it would appear that this practice is not very effective and that it may even cause health problems (insomnia, stress, suicides, etc.), mood swings and eating problems. Last September, a study by the Commission even stated that 'Health may be affected due to the change in the biorhythm of the body, with potential sleep and mood disturbances'.

1. Is the Commission considering abolishing the daylight savings system and what is its position on this issue?
2. Is the Commission able to specify the positive effects of retaining the current system?