



Paris, Friday 27 March 2017

Moving to summer time: how does it impact our health?

During the last weekend in March we moved to summer time.

During the night of Saturday into Sunday, we put our clocks forward one hour.

Does this change in the hour, whose benefit lies mainly in energy savings, have an impact on our health?

Does it disturb our biological clock and the quality of our sleep?

Claude Gronfier, a neurobiologist and researcher at Inserm (Unit 1208), has shown that the biological functions of the body are regulated by the circadian rhythm, a cycle of 24 hours which is endogenous (altered by the body).

[Read the information pack "Chronobiology, the body's 24 hour clock"](#)

Get the latest on sleep:

["Lack of sleep causes brain impairment in adolescents," published on 8 March 2017.](#)

["Sleep at the bedside of immunity," published on 27 April 2016.](#)

See the information file ["Sleeps and its disturbance"](#) on the Inserm website.

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