

**Clocks go back one hour on Sunday, 26 October**

## **TERNA: DAYLIGHT SAVING TIME GENERATED €90 MILLION IN SAVINGS FOR THE ITALIAN POWER SYSTEM OVER SEVEN MONTHS**

**From 30 March, electricity consumption down by 310 million kWh, avoiding 145,000 tonnes of CO<sub>2</sub> emissions**

**Since 2004, Italy has saved approximately €2.3 billion and over 12 billion kWh of electricity**

**Rome, 24 October 2025** – According to data from Terna, the company that manages Italy's national transmission grid, during the seven months of daylight saving time the Italian electricity system recorded a reduction in consumption of 310 million kWh — equivalent to the annual electricity demand of around 120,000 households. This translates into an economic saving of more than €90 million.

Daylight saving time also benefits the environment: lower electricity consumption resulted in an estimated reduction of approximately 145,000 tonnes of CO<sub>2</sub> emissions into the atmosphere.

In 2025, considering the daylight saving period from Sunday, 30 March to Sunday, 26 October — the day when standard time will resume — the average cost per kilowatt-hour for the “typical household customer under the standard tariff regime” was around 29.1 euro cents (including taxes), according to data from the Italian Regulatory Authority for Energy, Networks and Environment (ARERA).

Between 2004 and 2025, Terna's analysis shows that daylight saving time has enabled total electricity savings of over 12 billion kWh nationwide, corresponding to an overall economic benefit of approximately €2.3 billion for Italian consumers.

Real-time data on the operation of Italy's national electricity system can be accessed via Terna's app, available on major platforms:

<https://play.google.com/store/apps/details?id=it.terna.energia&hl=it>

<https://apps.apple.com/it/app/terna/id1458535498>

