

# *Back to daylight savings time*

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Havana, March 9 (RHC)--As of this weekend, Cuba implemented the Daylight Saving Time, turning forward one hour.

This is an international practice that has a significant impact on energy saving.

The National Office for the Control of Rational Energy Use (ONURE), of the Ministry of Energy and Mines, reiterated that the initiative has an impact on energy resources, by using them more efficiently.

By applying the measure, natural light is better used during the period of maximum demand for electrical energy, which means that its use is reduced, particularly in the residential sector, the largest consumer.

In general, the days are longer in the summer months, so it is feasible to modify the timetable without affecting the entry of students into schools and workers into their centers in the morning.

Daylight saving time will end on Saturday, November 1.

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<https://www.radiohc.cu/index.php/en/noticias/nacionales/216333-back-to-daylight-savings-time>



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