

1. What time do you generally wake up on weekdays?

Before 4 a.m.	3%
Between 4 a.m. to 5 a.m.	7%
Between 5 a.m. to 6 a.m.	18%
Between 6 a.m. to 7 a.m.	23%
Between 7 a.m. to 8 a.m.	15%
Between 8 a.m. to 9 a.m.	13%
Between 9 a.m. to 10 a.m.	7%
Between 10 a.m. to 11 a.m.	6%
After 11 a.m.	5%
Not sure	2%

2. Would you like to see the changing of the clocks eliminated, so people no longer change their clocks twice per year?

Yes, I would	64%
No, I would not	16%
Not sure	21%

3. To the best of your knowledge, is your state currently in Daylight Saving Time or Standard Time?

Daylight Saving Time	45%
Standard Time	36%
My state does not change its clocks	2%
Not sure	16%

4. If the changing of the clocks were going to be eliminated, which time would you prefer to make permanent?

Daylight Saving Time (later sunrises and sunsets)	43%
Standard Time (earlier sunrises and sunsets)	28%
No preference	21%
Not sure	9%

5. Would you support or oppose adopting Permanent Standard Time (earlier sunrises and sunsets year-round)?

Strongly support	25%
Somewhat support	18%
Neither support nor oppose	21%
Somewhat oppose	11%
Strongly oppose	12%
Not sure	14%

6. Would you support or oppose adopting Permanent Daylight Saving Time (later sunrises and sunsets year-round)?

Strongly support	30%
Somewhat support	22%
Neither support nor oppose	18%
Somewhat oppose	10%
Strongly oppose	9%
Not sure	12%

7. Which of these is closest to your view?

States should be allowed to choose whether they change clocks for Daylight Saving Time, use Permanent Standard Time, or use Permanent Daylight Saving Time	26%
States should be allowed to choose whether to change their clocks for Daylight Saving Time or use Permanent Standard Time, but should not be allowed to use Permanent Daylight Saving Time	6%
The federal government should decide for the whole country whether to change clocks or use Permanent Standard Time or Permanent Daylight Saving Time	43%
Not sure	24%

8. In the morning, would you prefer for it to get light earlier or later?

Get light earlier	33%
Get light later	35%
No preference	27%
Not sure	5%

9. In the evening, would you prefer for it to get dark earlier or later?

Get dark earlier	15%
Get dark later	64%
No preference	17%
Not sure	4%

10. How do you feel about the upcoming start of Daylight Saving Time?

I am happy about it	29%
I am unhappy about it	19%
I don't really care	42%
Not sure	10%

11. How often do you forget about the change to Daylight Saving Time the morning after clocks have changed?

Always	5%
Usually	10%
Sometimes	22%
Rarely	29%
Never	29%
Not sure	5%

# YouGov Survey: Daylight Saving Time

February 13 - 19, 2026 - 1,075 U.S. adult citizens



<b>Interviewing Dates</b>	February 13 - 19, 2026
<b>Target population</b>	U.S. citizens, aged 18 and over
<b>Sampling method</b>	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
<b>Weighting</b>	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 33% Republican). The weights range from 0.051 to 5.147, with a mean of one and a standard deviation of 0.907.
<b>Number of respondents</b>	1,075
<b>Margin of error</b>	± 4 points (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	76 questions not reported.

# YouGov Survey: Daylight Saving Time

February 13 - 19, 2026 - 1,075 U.S. adult citizens



## 1. What Time Up

What time do you generally wake up on weekdays?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Before 4 a.m.	3%	2%	4%	0%	4%	4%	4%	3%	6%	5%	4%	2%
Between 4 a.m. to 5 a.m.	7%	8%	7%	2%	8%	11%	7%	7%	7%	9%	8%	6%
Between 5 a.m. to 6 a.m.	18%	21%	15%	12%	20%	21%	18%	20%	22%	13%	17%	19%
Between 6 a.m. to 7 a.m.	23%	22%	24%	30%	23%	23%	16%	24%	20%	15%	20%	29%
Between 7 a.m. to 8 a.m.	15%	13%	18%	17%	11%	14%	19%	16%	9%	15%	14%	18%
Between 8 a.m. to 9 a.m.	13%	14%	12%	14%	10%	11%	18%	13%	12%	12%	13%	12%
Between 9 a.m. to 10 a.m.	7%	7%	8%	9%	7%	5%	8%	6%	4%	12%	8%	6%
Between 10 a.m. to 11 a.m.	6%	6%	7%	6%	7%	6%	7%	6%	9%	9%	8%	4%
After 11 a.m.	5%	5%	5%	7%	6%	5%	2%	4%	6%	9%	6%	3%
Not sure	2%	2%	1%	3%	4%	0%	0%	1%	5%	2%	2%	0%
Totals	99%	100%	101%	100%	100%	100%	99%	100%	100%	101%	100%	99%
Unweighted N	(1,075)	(487)	(588)	(257)	(290)	(305)	(223)	(711)	(139)	(146)	(679)	(396)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Before 4 a.m.	3%	3%	3%	4%	2%	3%	4%	4%	2%	3%	3%	5%	1%
Between 4 a.m. to 5 a.m.	7%	5%	8%	7%	7%	9%	9%	7%	8%	11%	10%	6%	5%
Between 5 a.m. to 6 a.m.	18%	18%	14%	24%	20%	19%	15%	21%	23%	15%	18%	18%	20%
Between 6 a.m. to 7 a.m.	23%	25%	25%	19%	21%	23%	19%	22%	29%	28%	24%	21%	23%
Between 7 a.m. to 8 a.m.	15%	20%	11%	16%	20%	16%	13%	14%	19%	14%	13%	17%	16%
Between 8 a.m. to 9 a.m.	13%	10%	13%	15%	11%	15%	14%	13%	10%	9%	9%	13%	18%

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	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Between 9 a.m. to 10 a.m.	7%	7%	8%	6%	6%	7%	7%	8%	4%	9%	9%	7%	5%
Between 10 a.m. to 11 a.m.	6%	7%	7%	5%	7%	5%	9%	7%	4%	8%	10%	7%	2%
After 11 a.m.	5%	6%	6%	3%	5%	3%	7%	4%	2%	4%	3%	6%	6%
Not sure	2%	0%	3%	1%	1%	1%	3%	1%	0%	1%	0%	3%	2%
Totals	99%	101%	98%	100%	100%	101%	100%	101%	101%	102%	99%	103%	98%
Unweighted N	(1,075)	(335)	(481)	(259)	(449)	(343)	(434)	(301)	(221)	(196)	(220)	(423)	(236)

# YouGov Survey: Daylight Saving Time

February 13 - 19, 2026 - 1,075 U.S. adult citizens



## 2. Eliminate Daylight Saving Time

Would you like to see the changing of the clocks eliminated, so people no longer change their clocks twice per year?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, I would	64%	62%	66%	45%	60%	69%	79%	70%	52%	53%	63%	65%
No, I would not	16%	15%	16%	19%	22%	11%	11%	13%	22%	21%	16%	14%
Not sure	21%	23%	18%	36%	18%	20%	10%	17%	27%	26%	21%	20%
Totals	101%	100%	100%	100%	100%	100%	100%	100%	101%	100%	100%	99%
Unweighted N	(1,074)	(487)	(587)	(257)	(290)	(305)	(222)	(710)	(139)	(146)	(679)	(395)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes, I would	64%	56%	62%	75%	66%	76%	57%	72%	73%	49%	67%	67%	67%
No, I would not	16%	20%	16%	10%	15%	9%	22%	8%	13%	18%	15%	16%	14%
Not sure	21%	24%	22%	15%	20%	16%	21%	20%	14%	33%	18%	17%	19%
Totals	101%	100%	100%	100%	101%	101%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,074)	(335)	(481)	(258)	(449)	(342)	(434)	(300)	(221)	(196)	(220)	(422)	(236)

# YouGov Survey: Daylight Saving Time

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### 3. Which Time Setting Now

To the best of your knowledge, is your state currently in Daylight Saving Time or Standard Time?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Daylight Saving Time	45%	39%	51%	33%	44%	53%	47%	45%	53%	42%	47%	42%
Standard Time	36%	43%	30%	34%	35%	32%	45%	37%	34%	26%	33%	42%
My state does not change its clocks	2%	2%	3%	1%	1%	2%	5%	3%	2%	0%	1%	4%
Not sure	16%	16%	16%	32%	20%	13%	3%	14%	11%	32%	19%	12%
Totals	99%	100%	100%	100%	100%	100%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,074)	(487)	(587)	(257)	(289)	(305)	(223)	(711)	(139)	(145)	(678)	(396)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daylight Saving Time	45%	41%	46%	49%	45%	49%	50%	44%	38%	45%	49%	49%	36%
Standard Time	36%	39%	32%	38%	41%	40%	29%	41%	47%	41%	37%	33%	35%
My state does not change its clocks	2%	3%	2%	2%	4%	2%	2%	4%	3%	0%	0%	1%	9%
Not sure	16%	16%	20%	11%	10%	9%	18%	11%	13%	13%	14%	17%	20%
Totals	99%	99%	100%	100%	100%	100%	99%	100%	101%	99%	100%	100%	100%
Unweighted N	(1,074)	(334)	(481)	(259)	(448)	(343)	(434)	(300)	(221)	(196)	(220)	(423)	(235)

# YouGov Survey: Daylight Saving Time

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## 4. Preferred Time Setting

If the changing of the clocks were going to be eliminated, which time would you prefer to make permanent?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Daylight Saving Time (later sunrises and sunsets)	43%	39%	47%	38%	38%	44%	51%	48%	34%	31%	41%	47%
Standard Time (earlier sunrises and sunsets)	28%	31%	25%	30%	25%	26%	31%	27%	29%	32%	29%	25%
No preference	21%	23%	18%	25%	21%	23%	12%	18%	25%	24%	21%	19%
Not sure	9%	7%	10%	7%	16%	6%	6%	7%	11%	13%	9%	8%
Totals	101%	100%	100%	100%	100%	99%	100%	100%	99%	100%	100%	99%
Unweighted N	(1,074)	(487)	(587)	(257)	(290)	(305)	(222)	(710)	(139)	(146)	(679)	(395)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daylight Saving Time (later sunrises and sunsets)	43%	44%	39%	48%	45%	46%	42%	51%	43%	45%	46%	43%	38%
Standard Time (earlier sunrises and sunsets)	28%	27%	27%	30%	28%	30%	29%	27%	28%	22%	29%	27%	34%
No preference	21%	23%	23%	15%	18%	16%	20%	17%	25%	24%	16%	20%	23%
Not sure	9%	6%	11%	8%	9%	8%	9%	5%	4%	8%	9%	10%	6%
Totals	101%	100%	100%	101%	100%	100%	100%	100%	100%	99%	100%	100%	101%
Unweighted N	(1,074)	(335)	(480)	(259)	(449)	(342)	(433)	(301)	(221)	(196)	(219)	(423)	(236)

# YouGov Survey: Daylight Saving Time

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## 5. Support for Permanent Standard Time

Would you support or oppose adopting Permanent Standard Time (earlier sunrises and sunsets year-round)?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Strongly support	25%	28%	22%	13%	21%	31%	31%	28%	13%	25%	24%	27%
Somewhat support	18%	17%	18%	23%	17%	12%	22%	19%	18%	18%	17%	19%
Neither support nor oppose	21%	22%	20%	24%	21%	20%	20%	19%	34%	16%	24%	15%
Somewhat oppose	11%	10%	11%	14%	6%	13%	10%	13%	7%	7%	10%	13%
Strongly oppose	12%	11%	14%	8%	14%	13%	12%	13%	9%	7%	11%	13%
Not sure	14%	12%	15%	18%	21%	11%	5%	9%	20%	27%	14%	13%
Totals	101%	100%	100%	100%	100%	100%	100%	101%	101%	100%	100%	100%
Unweighted N	(1,073)	(486)	(587)	(257)	(290)	(304)	(222)	(709)	(139)	(146)	(679)	(394)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly support	25%	20%	23%	32%	25%	30%	24%	27%	27%	14%	25%	24%	35%
Somewhat support	18%	18%	20%	14%	17%	16%	16%	20%	20%	23%	18%	15%	19%
Neither support nor oppose	21%	25%	20%	18%	21%	19%	24%	19%	15%	22%	22%	20%	19%
Somewhat oppose	11%	13%	10%	10%	13%	9%	11%	12%	13%	8%	17%	10%	8%
Strongly oppose	12%	11%	10%	16%	9%	14%	13%	11%	16%	17%	11%	13%	8%
Not sure	14%	12%	17%	10%	15%	11%	12%	11%	9%	16%	7%	17%	11%
Totals	101%	99%	100%	100%	100%	99%	100%	100%	100%	100%	100%	99%	100%
Unweighted N	(1,073)	(335)	(480)	(258)	(448)	(342)	(434)	(301)	(219)	(195)	(220)	(422)	(236)

# YouGov Survey: Daylight Saving Time

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## 6. Support for Permanent Daylight Saving Time

Would you support or oppose adopting Permanent Daylight Saving Time (later sunrises and sunsets year-round)?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Strongly support	30%	30%	30%	18%	22%	37%	39%	35%	18%	19%	28%	33%
Somewhat support	22%	22%	21%	28%	20%	18%	23%	24%	16%	18%	21%	23%
Neither support nor oppose	18%	19%	16%	21%	19%	17%	15%	15%	29%	25%	20%	13%
Somewhat oppose	10%	10%	10%	13%	7%	8%	12%	8%	9%	14%	11%	8%
Strongly oppose	9%	9%	10%	5%	15%	9%	6%	9%	10%	5%	9%	10%
Not sure	12%	11%	13%	15%	18%	11%	5%	9%	18%	19%	12%	12%
Totals	101%	101%	100%	100%	101%	100%	100%	100%	100%	100%	101%	99%
Unweighted N	(1,073)	(487)	(586)	(257)	(289)	(304)	(223)	(709)	(139)	(146)	(678)	(395)

	Party ID				2024 Vote		Family income			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly support	30%	28%	25%	38%	33%	37%	27%	37%	36%	26%	30%	32%	29%
Somewhat support	22%	24%	21%	20%	22%	18%	23%	21%	21%	22%	24%	17%	26%
Neither support nor oppose	18%	18%	19%	16%	16%	18%	21%	15%	17%	17%	18%	20%	14%
Somewhat oppose	10%	9%	11%	8%	9%	9%	9%	9%	9%	9%	7%	10%	12%
Strongly oppose	9%	10%	8%	10%	8%	9%	9%	9%	10%	11%	13%	8%	7%
Not sure	12%	11%	16%	8%	12%	10%	11%	9%	8%	14%	8%	13%	12%
Totals	101%	100%	100%	100%	100%	101%	100%	100%	101%	99%	100%	100%	100%
Unweighted N	(1,073)	(334)	(480)	(259)	(448)	(343)	(433)	(301)	(220)	(196)	(219)	(423)	(235)

# YouGov Survey: Daylight Saving Time

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## 7. State Control

Which of these is closest to your view?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
States should be allowed to choose whether they change clocks for Daylight Saving Time, use Permanent Standard Time, or use Permanent Daylight Saving Time	26%	25%	27%	29%	24%	29%	23%	26%	27%	21%	24%	30%
States should be allowed to choose whether to change their clocks for Daylight Saving Time or use Permanent Standard Time, but should not be allowed to use Permanent Daylight Saving Time	6%	7%	6%	11%	7%	3%	6%	6%	7%	10%	7%	6%
The federal government should decide for the whole country whether to change clocks or use Permanent Standard Time or Permanent Daylight Saving Time	43%	48%	39%	37%	37%	44%	54%	48%	31%	35%	40%	49%
Not sure	24%	21%	27%	23%	32%	24%	17%	20%	34%	35%	29%	15%
Totals	99%	101%	99%	100%	100%	100%	100%	100%	99%	101%	100%	100%
Unweighted N	(1,074)	(487)	(587)	(257)	(290)	(304)	(223)	(710)	(139)	(146)	(678)	(396)

**YouGov Survey: Daylight Saving Time**  
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	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
States should be allowed to choose whether they change clocks for Daylight Saving Time, use Permanent Standard Time, or use Permanent Daylight Saving Time	26%	32%	21%	27%	30%	21%	25%	25%	32%	27%	27%	18%	38%
States should be allowed to choose whether to change their clocks for Daylight Saving Time or use Permanent Standard Time, but should not be allowed to use Permanent Daylight Saving Time	6%	9%	4%	7%	9%	7%	7%	6%	5%	6%	4%	7%	8%
The federal government should decide for the whole country whether to change clocks or use Permanent Standard Time or Permanent Daylight Saving Time	43%	38%	44%	48%	41%	51%	41%	49%	46%	48%	47%	46%	32%
Not sure	24%	21%	31%	18%	19%	20%	27%	20%	16%	19%	21%	29%	22%
Totals	99%	100%	100%	100%	99%	99%	100%	100%	99%	100%	99%	100%	100%
Unweighted N	(1,074)	(335)	(480)	(259)	(449)	(343)	(433)	(301)	(221)	(195)	(220)	(423)	(236)

**YouGov Survey: Daylight Saving Time**  
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**8. Prefer Light or Dark Mornings**

In the morning, would you prefer for it to get light earlier or later?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Get light earlier	33%	34%	32%	37%	33%	28%	36%	32%	44%	32%	33%	34%
Get light later	35%	31%	38%	39%	29%	36%	35%	36%	24%	37%	34%	37%
No preference	27%	30%	24%	19%	28%	32%	27%	28%	23%	23%	28%	25%
Not sure	5%	5%	5%	5%	9%	4%	2%	4%	9%	8%	6%	4%
Totals	100%	100%	99%	100%	99%	100%	100%	100%	100%	100%	101%	100%
Unweighted N	(1,073)	(487)	(586)	(257)	(290)	(304)	(222)	(709)	(139)	(146)	(677)	(396)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Get light earlier	33%	35%	31%	34%	37%	31%	34%	35%	29%	30%	38%	32%	32%
Get light later	35%	33%	35%	36%	31%	36%	36%	34%	40%	38%	32%	36%	33%
No preference	27%	27%	28%	26%	27%	29%	25%	27%	29%	27%	26%	26%	29%
Not sure	5%	5%	6%	4%	6%	4%	5%	4%	3%	5%	3%	6%	6%
Totals	100%	100%	100%	100%	101%	100%	100%	100%	101%	100%	99%	100%	100%
Unweighted N	(1,073)	(335)	(481)	(257)	(449)	(342)	(432)	(301)	(221)	(196)	(220)	(421)	(236)

# YouGov Survey: Daylight Saving Time

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## 9. Prefer Light or Dark Evenings

In the evening, would you prefer for it to get dark earlier or later?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Get dark earlier	15%	19%	11%	19%	13%	15%	15%	16%	8%	21%	15%	16%
Get dark later	64%	55%	72%	61%	58%	68%	67%	65%	64%	56%	64%	64%
No preference	17%	22%	12%	14%	20%	17%	16%	16%	20%	15%	16%	18%
Not sure	4%	3%	5%	6%	9%	1%	2%	3%	8%	7%	5%	3%
Totals	100%	99%	100%	100%	100%	101%	100%	100%	100%	99%	100%	101%
Unweighted N	(1,075)	(487)	(588)	(257)	(290)	(305)	(223)	(711)	(139)	(146)	(679)	(396)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Get dark earlier	15%	12%	14%	19%	12%	17%	16%	14%	14%	12%	14%	16%	16%
Get dark later	64%	67%	61%	65%	66%	63%	63%	65%	64%	70%	70%	61%	59%
No preference	17%	17%	19%	13%	17%	16%	17%	17%	19%	14%	11%	18%	22%
Not sure	4%	4%	6%	2%	5%	3%	5%	3%	3%	3%	5%	5%	3%
Totals	100%	100%	100%	99%	100%	99%	101%	99%	100%	99%	100%	100%	100%
Unweighted N	(1,075)	(335)	(481)	(259)	(449)	(343)	(434)	(301)	(221)	(196)	(220)	(423)	(236)

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**10. Feelings About Daylight Saving Time**

How do you feel about the upcoming start of Daylight Saving Time?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
I am happy about it	29%	27%	30%	27%	27%	26%	36%	31%	23%	23%	27%	32%
I am unhappy about it	19%	20%	18%	9%	17%	24%	24%	21%	11%	15%	17%	22%
I don't really care	42%	45%	40%	56%	41%	39%	36%	39%	54%	45%	43%	41%
Not sure	10%	8%	12%	9%	15%	10%	5%	9%	12%	17%	13%	5%
Totals	100%	100%	100%	101%	100%	99%	101%	100%	100%	100%	100%	100%
Unweighted N	(1,075)	(487)	(588)	(257)	(290)	(305)	(223)	(711)	(139)	(146)	(679)	(396)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
I am happy about it	29%	32%	22%	34%	33%	31%	26%	31%	34%	35%	35%	26%	22%
I am unhappy about it	19%	16%	19%	22%	20%	20%	17%	23%	18%	10%	20%	22%	20%
I don't really care	42%	41%	48%	35%	37%	39%	44%	39%	42%	45%	38%	41%	47%
Not sure	10%	11%	10%	9%	10%	10%	12%	7%	6%	10%	7%	11%	11%
Totals	100%	100%	99%	100%	100%	100%	99%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,075)	(335)	(481)	(259)	(449)	(343)	(434)	(301)	(221)	(196)	(220)	(423)	(236)

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## 11. Frequency of Forgetting About Clocks Change

How often do you forget about the change to Daylight Saving Time the morning after clocks have changed?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Always	5%	5%	5%	10%	6%	3%	1%	5%	8%	4%	5%	4%
Usually	10%	10%	10%	14%	11%	7%	10%	10%	9%	13%	11%	8%
Sometimes	22%	23%	20%	30%	23%	19%	17%	22%	26%	26%	22%	21%
Rarely	29%	24%	33%	23%	34%	28%	31%	31%	16%	29%	28%	31%
Never	29%	32%	28%	16%	18%	40%	38%	30%	29%	18%	27%	34%
Not sure	5%	6%	4%	7%	8%	3%	3%	3%	12%	9%	6%	3%
Totals	100%	100%	100%	100%	100%	100%	100%	101%	100%	99%	99%	101%
Unweighted N	(1,075)	(487)	(588)	(257)	(290)	(305)	(223)	(711)	(139)	(146)	(679)	(396)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	5%	4%	6%	5%	3%	5%	6%	3%	4%	3%	5%	5%	7%
Usually	10%	11%	10%	9%	9%	8%	10%	10%	14%	8%	6%	13%	10%
Sometimes	22%	21%	23%	19%	23%	20%	22%	20%	22%	18%	25%	25%	16%
Rarely	29%	24%	27%	37%	26%	33%	27%	32%	29%	24%	32%	29%	30%
Never	29%	32%	29%	27%	33%	32%	30%	32%	29%	41%	30%	23%	30%
Not sure	5%	8%	5%	3%	6%	2%	5%	4%	2%	6%	2%	5%	6%
Totals	100%	100%	100%	100%	100%	100%	100%	101%	100%	100%	100%	100%	99%
Unweighted N	(1,075)	(335)	(481)	(259)	(449)	(343)	(434)	(301)	(221)	(196)	(220)	(423)	(236)

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<b>Interviewing Dates</b>	February 13 - 19, 2026
<b>Target population</b>	U.S. citizens, aged 18 and over
<b>Sampling method</b>	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
<b>Weighting</b>	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 33% Republican). The weights range from 0.051 to 5.147, with a mean of one and a standard deviation of 0.907.
<b>Number of respondents</b>	1,075
<b>Margin of error</b>	± 4 points (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	76 questions not reported.