

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

Before 4 a.m.	5%
Between 4 a.m. to 5 a.m.	9%
Between 5 a.m. to 6 a.m.	16%
Between 6 a.m. to 7 a.m.	22%
Between 7 a.m. to 8 a.m.	17%
Between 8 a.m. to 9 a.m.	10%
Between 9 a.m. to 10 a.m.	6%
Between 10 a.m. to 11 a.m.	5%
After 11 a.m.	7%
Not sure	3%

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	63%
No, I would not	15%
Not sure	23%

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

Daylight Saving Time	66%
Standard Time	15%
My state does not change its clocks	3%
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)	42%
Standard Time (earlier sunrises and sunsets)	28%
No preference	18%
Not sure	12%

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

Support	37%
Oppose	23%
Strongly support	20%
Somewhat support	17%
Neither support nor oppose	27%
Somewhat oppose	12%
Strongly oppose	11%
Not sure	14%

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

Support	48%
Oppose	14%
Strongly support	28%
Somewhat support	20%
Neither support nor oppose	24%
Somewhat oppose	7%
Strongly oppose	7%
Not sure	14%

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	23%
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	9%
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	26%

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

Get light earlier	35%
Get light later	35%
No preference	26%
Not sure	4%

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

Get dark earlier	17%
Get dark later	62%
No preference	17%
Not sure	4%

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

I am happy about it	25%
I am unhappy about it	23%
I don't really care	37%
Not sure	15%

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

Always	9%
Usually	16%
Sometimes	27%
Rarely	21%
Never	20%
Not sure	7%

Interviewing Dates	October 2 - 5, 2026
Target population	U.S. citizens, aged 18 and over
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	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 0.052 to 6.574, with a mean of one and a standard deviation of 0.981.
Number of respondents	1,053
Margin of error	± 4.2 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	115 questions not reported.

YouGov Survey: Daylight Saving Time

October 2 - 5, 2026 - 1,053 U.S. adult citizens



1. Usual Weekday Wake-Up Time

What time do you generally wake up on weekdays?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Before 4 a.m.	5%	4%	6%	0%	1%	9%	7%	6%	7%	4%	7%	2%
Between 4 a.m. to 5 a.m.	9%	11%	6%	4%	8%	12%	8%	7%	14%	8%	11%	4%
Between 5 a.m. to 6 a.m.	16%	19%	13%	18%	16%	16%	12%	17%	17%	16%	14%	19%
Between 6 a.m. to 7 a.m.	22%	22%	23%	17%	25%	25%	20%	23%	20%	16%	16%	35%
Between 7 a.m. to 8 a.m.	17%	15%	18%	18%	17%	15%	18%	16%	10%	26%	16%	19%
Between 8 a.m. to 9 a.m.	10%	7%	12%	13%	8%	7%	14%	11%	8%	8%	11%	9%
Between 9 a.m. to 10 a.m.	6%	5%	6%	8%	5%	5%	6%	6%	9%	6%	6%	5%
Between 10 a.m. to 11 a.m.	5%	5%	6%	7%	6%	4%	5%	4%	7%	9%	7%	2%
After 11 a.m.	7%	8%	6%	5%	11%	5%	8%	7%	3%	4%	8%	5%
Not sure	3%	4%	2%	9%	4%	1%	1%	3%	6%	2%	5%	0%
Totals	100%	100%	98%	99%	101%	99%	99%	100%	101%	99%	101%	100%
Unweighted N	(1,052)	(498)	(554)	(244)	(280)	(305)	(223)	(698)	(121)	(165)	(679)	(373)

	Total	Party ID			MAGA	Trump job approval		House vote intent		Family income		
		Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Before 4 a.m.	5%	4%	5%	6%	6%	7%	3%	4%	6%	5%	4%	5%
Between 4 a.m. to 5 a.m.	9%	6%	8%	11%	10%	9%	8%	7%	9%	9%	10%	6%
Between 5 a.m. to 6 a.m.	16%	16%	12%	20%	17%	17%	16%	16%	19%	13%	17%	20%
Between 6 a.m. to 7 a.m.	22%	24%	19%	25%	24%	26%	21%	23%	26%	19%	22%	30%
Between 7 a.m. to 8 a.m.	17%	18%	17%	15%	16%	14%	18%	17%	15%	14%	15%	19%
Between 8 a.m. to 9 a.m.	10%	14%	10%	7%	8%	7%	12%	14%	8%	11%	11%	9%

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YouGov Survey: Daylight Saving Time
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	Total	Party ID			MAGA Supporter	continued from previous page Trump job approval		House vote intent		Family income		
		Dem	Ind	Rep		Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Between 9 a.m. to 10 a.m.	6%	8%	6%	4%	5%	5%	7%	8%	6%	8%	5%	4%
Between 10 a.m. to 11 a.m.	5%	3%	7%	5%	6%	6%	5%	4%	3%	7%	5%	3%
After 11 a.m.	7%	6%	11%	4%	4%	3%	8%	7%	5%	10%	6%	4%
Not sure	3%	1%	6%	1%	4%	4%	1%	0%	2%	4%	5%	0%
Totals	100%	100%	101%	98%	100%	98%	99%	100%	99%	100%	100%	100%
Unweighted N	(1,052)	(351)	(385)	(316)	(252)	(368)	(633)	(455)	(342)	(419)	(277)	(270)

YouGov Survey: Daylight Saving Time

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2. Whether the Changing of the Clocks Should Be Eliminated

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

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, I would	63%	61%	64%	50%	60%	66%	72%	64%	64%	44%	60%	67%
No, I would not	15%	16%	13%	15%	13%	16%	13%	15%	11%	16%	14%	16%
Not sure	23%	22%	23%	34%	27%	18%	15%	21%	25%	40%	26%	17%
Totals	101%	99%	100%	99%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,052)	(499)	(553)	(244)	(280)	(305)	(223)	(698)	(121)	(165)	(680)	(372)

		Party ID			MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Yes, I would	63%	56%	62%	69%	67%	66%	63%	64%	73%	61%	65%	67%
No, I would not	15%	22%	12%	11%	14%	14%	16%	19%	9%	15%	11%	17%
Not sure	23%	23%	26%	19%	18%	20%	21%	18%	19%	24%	23%	15%
Totals	101%	101%	100%	99%	99%	100%	100%	101%	101%	100%	99%	99%
Unweighted N	(1,052)	(351)	(386)	(315)	(252)	(368)	(633)	(455)	(342)	(419)	(277)	(270)

YouGov Survey: Daylight Saving Time

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3. Belief About Own State's Current Time Setting

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	66%	63%	69%	58%	53%	74%	77%	70%	59%	56%	64%	71%
Standard Time	15%	18%	13%	11%	22%	14%	13%	14%	17%	19%	15%	15%
My state does not change its clocks	3%	2%	5%	1%	5%	3%	4%	3%	1%	5%	3%	4%
Not sure	16%	18%	14%	30%	20%	9%	7%	13%	23%	20%	19%	10%
Totals	100%	101%	101%	100%	100%	100%	101%	100%	100%	100%	101%	100%
Unweighted N	(1,053)	(499)	(554)	(244)	(280)	(306)	(223)	(699)	(121)	(165)	(680)	(373)

		Party ID			MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Daylight Saving Time	66%	68%	60%	72%	73%	68%	68%	69%	75%	64%	67%	69%
Standard Time	15%	16%	16%	14%	15%	15%	15%	16%	12%	14%	20%	14%
My state does not change its clocks	3%	2%	3%	4%	2%	3%	3%	2%	3%	3%	3%	4%
Not sure	16%	14%	21%	11%	10%	14%	14%	13%	9%	19%	9%	13%
Totals	100%	100%	100%	101%	100%	100%	100%	100%	99%	100%	99%	100%
Unweighted N	(1,053)	(351)	(386)	(316)	(253)	(369)	(633)	(455)	(343)	(419)	(278)	(270)

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?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Daylight Saving Time (later sunrises and sunsets)	42%	41%	43%	43%	39%	44%	42%	47%	32%	25%	42%	42%
Standard Time (earlier sunrises and sunsets)	28%	28%	28%	19%	30%	29%	34%	30%	26%	29%	27%	30%
No preference	18%	19%	17%	19%	18%	19%	15%	15%	30%	20%	19%	16%
Not sure	12%	11%	12%	19%	13%	8%	8%	9%	12%	26%	11%	12%
Totals	100%	99%	100%	100%	100%	100%	99%	101%	100%	100%	99%	100%
Unweighted N	(1,052)	(498)	(554)	(244)	(279)	(306)	(223)	(698)	(121)	(165)	(680)	(372)

	Total	Party ID			MAGA	Trump job approval		House vote intent		Family income		
		Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Daylight Saving Time (later sunrises and sunsets)	42%	41%	39%	47%	49%	43%	43%	44%	50%	38%	47%	47%
Standard Time (earlier sunrises and sunsets)	28%	30%	27%	28%	29%	30%	29%	30%	27%	29%	28%	30%
No preference	18%	20%	15%	20%	15%	17%	20%	19%	17%	18%	13%	19%
Not sure	12%	9%	19%	5%	7%	10%	8%	7%	6%	15%	12%	4%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,052)	(351)	(386)	(315)	(252)	(368)	(633)	(455)	(342)	(419)	(278)	(270)

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
Support	37%	36%	38%	31%	36%	37%	44%	39%	31%	32%	35%	40%
Oppose	23%	25%	20%	23%	18%	26%	23%	24%	21%	13%	22%	23%
Strongly support	20%	18%	23%	13%	21%	21%	25%	21%	13%	22%	20%	22%
Somewhat support	17%	18%	15%	17%	16%	16%	18%	18%	18%	9%	16%	18%
Neither support nor oppose	27%	26%	28%	25%	31%	27%	24%	26%	33%	23%	28%	25%
Somewhat oppose	12%	13%	11%	15%	11%	14%	9%	12%	11%	11%	11%	13%
Strongly oppose	11%	12%	9%	8%	7%	12%	14%	12%	10%	2%	11%	10%
Not sure	14%	13%	15%	22%	15%	11%	10%	11%	15%	32%	15%	12%
Totals	101%	100%	101%	100%	101%	101%	100%	100%	100%	99%	101%	100%
Unweighted N	(1,049)	(497)	(552)	(244)	(278)	(305)	(222)	(696)	(121)	(165)	(678)	(371)

	Party ID				MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Support	37%	37%	34%	41%	34%	39%	38%	40%	41%	34%	40%	42%
Oppose	23%	23%	18%	27%	34%	25%	24%	24%	29%	23%	21%	25%
Strongly support	20%	19%	20%	23%	19%	22%	21%	20%	23%	20%	19%	25%
Somewhat support	17%	18%	14%	18%	14%	17%	17%	20%	17%	14%	21%	17%
Neither support nor oppose	27%	29%	28%	23%	25%	24%	27%	25%	22%	28%	28%	24%
Somewhat oppose	12%	13%	11%	12%	14%	10%	15%	15%	13%	12%	12%	14%
Strongly oppose	11%	10%	7%	15%	20%	14%	10%	9%	16%	11%	9%	10%
Not sure	14%	12%	20%	9%	7%	12%	11%	10%	8%	15%	11%	9%
Totals	101%	101%	100%	100%	99%	99%	101%	99%	99%	100%	100%	99%

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	Total	Party ID			MAGA	Trump job approval		House vote intent		Family income		
		Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Unweighted N	(1,049)	(350)	(385)	(314)	(251)	(367)	(632)	(454)	(341)	(418)	(277)	(269)

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
Support	48%	47%	49%	47%	44%	50%	50%	51%	40%	38%	45%	54%
Oppose	14%	15%	13%	7%	11%	17%	18%	15%	14%	7%	13%	16%
Strongly support	28%	25%	31%	24%	20%	32%	33%	29%	22%	19%	27%	30%
Somewhat support	20%	22%	18%	23%	23%	18%	17%	21%	18%	19%	18%	25%
Neither support nor oppose	24%	26%	23%	25%	29%	23%	20%	23%	31%	26%	27%	19%
Somewhat oppose	7%	8%	6%	3%	6%	9%	8%	8%	7%	3%	6%	9%
Strongly oppose	7%	7%	7%	4%	5%	8%	10%	7%	8%	3%	7%	6%
Not sure	14%	12%	15%	21%	17%	10%	11%	11%	15%	29%	16%	11%
Totals	100%	100%	100%	100%	100%	100%	99%	99%	101%	99%	101%	100%
Unweighted N	(1,047)	(497)	(550)	(243)	(278)	(304)	(222)	(694)	(120)	(165)	(675)	(372)

	Party ID				MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Support	48%	44%	42%	59%	58%	55%	49%	49%	63%	45%	53%	52%
Oppose	14%	18%	13%	11%	11%	10%	17%	19%	11%	11%	13%	19%
Strongly support	28%	24%	26%	34%	33%	31%	28%	28%	36%	27%	30%	30%
Somewhat support	20%	21%	16%	25%	25%	24%	20%	21%	27%	18%	22%	22%
Neither support nor oppose	24%	25%	25%	23%	24%	25%	22%	23%	19%	25%	23%	23%
Somewhat oppose	7%	9%	7%	5%	3%	3%	10%	9%	5%	6%	6%	10%
Strongly oppose	7%	9%	5%	6%	8%	7%	8%	10%	6%	5%	8%	8%
Not sure	14%	12%	20%	8%	7%	10%	11%	10%	7%	18%	11%	6%
Totals	100%	100%	99%	101%	100%	100%	99%	101%	100%	99%	100%	99%

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	Total	Party ID			MAGA	Trump job approval		House vote intent		Family income		
		Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Unweighted N	(1,047)	(350)	(381)	(316)	(253)	(368)	(629)	(454)	(341)	(417)	(274)	(270)

YouGov Survey: Daylight Saving Time

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7. Whether States or the Federal Government Should Decide on Time Changes

Which of these is closest to your view?

	Gender			Age				Race			Education	
	Total	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	23%	22%	23%	23%	22%	26%	18%	22%	20%	26%	23%	22%
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	9%	8%	10%	10%	12%	5%	9%	7%	16%	11%	10%	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%	46%	40%	33%	41%	48%	48%	49%	35%	23%	38%	53%
Not sure	26%	24%	27%	35%	25%	21%	25%	23%	28%	40%	29%	19%
Totals	101%	100%	100%	101%	100%	100%	100%	101%	99%	100%	100%	100%
Unweighted N	(1,053)	(499)	(554)	(244)	(280)	(306)	(223)	(699)	(121)	(165)	(680)	(373)

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		Party ID			MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
States should be allowed to choose whether they change clocks for Daylight Saving Time, use Permanent Standard Time, or use Permanent Daylight Saving Time	23%	24%	21%	23%	19%	22%	25%	24%	23%	23%	23%	23%
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	9%	10%	7%	9%	8%	8%	8%	9%	9%	11%	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%	40%	40%	50%	53%	48%	44%	44%	54%	40%	42%	55%
Not sure	26%	26%	32%	18%	20%	22%	24%	23%	14%	27%	27%	16%
Totals	101%	100%	100%	100%	100%	100%	101%	100%	100%	101%	99%	100%
Unweighted N	(1,053)	(351)	(386)	(316)	(253)	(369)	(633)	(455)	(343)	(419)	(278)	(270)

8. Preference for Getting Light Earlier or Later in the Morning

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	35%	36%	35%	32%	32%	38%	37%	33%	49%	37%	35%	36%
Get light later	35%	35%	35%	35%	38%	33%	32%	37%	18%	31%	34%	36%
No preference	26%	26%	25%	27%	21%	26%	29%	26%	29%	22%	27%	24%
Not sure	4%	3%	5%	6%	8%	2%	2%	4%	4%	10%	5%	4%
Totals	100%	100%	100%	100%	99%	99%	100%	100%	100%	100%	101%	100%
Unweighted N	(1,052)	(498)	(554)	(244)	(279)	(306)	(223)	(699)	(121)	(164)	(679)	(373)

		Party ID			MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Get light earlier	35%	37%	32%	37%	39%	42%	30%	33%	36%	37%	33%	38%
Get light later	35%	39%	28%	39%	38%	33%	38%	38%	37%	35%	38%	32%
No preference	26%	22%	32%	22%	22%	23%	29%	25%	24%	23%	25%	27%
Not sure	4%	2%	8%	2%	1%	2%	2%	3%	2%	5%	4%	3%
Totals	100%	100%	100%	100%	100%	100%	99%	99%	99%	100%	100%	100%
Unweighted N	(1,052)	(351)	(385)	(316)	(253)	(369)	(633)	(455)	(343)	(418)	(278)	(270)

9. Preference for Getting Dark Earlier or Later in the Evening

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	17%	22%	13%	19%	21%	18%	11%	17%	20%	19%	17%	18%
Get dark later	62%	58%	66%	62%	52%	66%	68%	63%	60%	56%	62%	62%
No preference	17%	17%	17%	15%	19%	15%	20%	17%	17%	14%	16%	18%
Not sure	4%	3%	4%	5%	9%	1%	2%	3%	3%	12%	4%	2%
Totals	100%	100%	100%	101%	101%	100%	101%	100%	100%	101%	99%	100%
Unweighted N	(1,053)	(499)	(554)	(244)	(280)	(306)	(223)	(699)	(121)	(165)	(680)	(373)

		Party ID			MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Get dark earlier	17%	17%	16%	19%	17%	18%	19%	16%	17%	19%	15%	19%
Get dark later	62%	70%	55%	62%	65%	63%	63%	66%	62%	64%	66%	59%
No preference	17%	12%	22%	16%	17%	17%	17%	17%	18%	14%	15%	20%
Not sure	4%	1%	7%	2%	1%	2%	1%	1%	3%	4%	4%	2%
Totals	100%	100%	100%	99%	100%	100%	100%	100%	100%	101%	100%	100%
Unweighted N	(1,053)	(351)	(386)	(316)	(253)	(369)	(633)	(455)	(343)	(419)	(278)	(270)

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10. Feelings About the End of Daylight Saving Time

How do you feel about the upcoming end 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	25%	25%	25%	28%	26%	21%	27%	24%	21%	34%	26%	22%
I am unhappy about it	23%	20%	25%	17%	19%	27%	27%	26%	7%	14%	19%	30%
I don't really care	37%	41%	34%	44%	36%	34%	37%	40%	43%	26%	39%	35%
Not sure	15%	14%	16%	11%	19%	17%	9%	10%	29%	27%	16%	13%
Totals	100%	100%	100%	100%	100%	99%	100%	100%	100%	101%	100%	100%
Unweighted N	(1,051)	(499)	(552)	(244)	(280)	(304)	(223)	(698)	(121)	(164)	(679)	(372)

		Party ID			MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
I am happy about it	25%	25%	24%	26%	26%	28%	25%	23%	26%	23%	30%	24%
I am unhappy about it	23%	19%	22%	27%	29%	25%	24%	23%	31%	19%	20%	37%
I don't really care	37%	40%	38%	35%	35%	35%	39%	42%	32%	39%	39%	28%
Not sure	15%	15%	17%	12%	10%	12%	12%	13%	11%	19%	11%	11%
Totals	100%	99%	101%	100%	100%	100%	100%	101%	100%	100%	100%	100%
Unweighted N	(1,051)	(350)	(385)	(316)	(253)	(369)	(631)	(454)	(343)	(419)	(277)	(270)

11. Frequency of Forgetting That the Clocks Have Changed

How often do you forget about the end of 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	9%	9%	9%	7%	13%	9%	6%	8%	10%	13%	9%	9%
Usually	16%	18%	14%	28%	18%	12%	9%	16%	20%	8%	15%	18%
Sometimes	27%	29%	25%	31%	33%	24%	20%	23%	32%	42%	31%	18%
Rarely	21%	18%	23%	11%	17%	23%	31%	23%	23%	8%	18%	26%
Never	20%	18%	22%	7%	11%	31%	27%	23%	7%	14%	19%	22%
Not sure	7%	8%	7%	16%	9%	2%	6%	6%	8%	16%	8%	6%
Totals	100%	100%	100%	100%	101%	101%	99%	99%	100%	101%	100%	99%
Unweighted N	(1,052)	(499)	(553)	(244)	(280)	(306)	(222)	(698)	(121)	(165)	(679)	(373)

	Party ID				MAGA	Trump job approval		House vote intent		Family income		
	Total	Dem	Ind	Rep	Supporter	Approve	Disapprove	Dem	Rep	< \$50K	\$50-100K	\$100K+
Always	9%	9%	8%	10%	9%	10%	8%	9%	7%	9%	11%	9%
Usually	16%	15%	18%	14%	16%	15%	17%	15%	14%	14%	15%	18%
Sometimes	27%	24%	31%	23%	26%	27%	26%	23%	26%	33%	22%	22%
Rarely	21%	28%	15%	22%	20%	22%	22%	29%	23%	19%	21%	25%
Never	20%	20%	16%	26%	25%	21%	21%	20%	26%	17%	24%	22%
Not sure	7%	4%	12%	5%	4%	6%	5%	4%	5%	8%	7%	4%
Totals	100%	100%	100%	100%	100%	101%	99%	100%	101%	100%	100%	100%
Unweighted N	(1,052)	(350)	(386)	(316)	(253)	(369)	(632)	(454)	(343)	(418)	(278)	(270)

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Interviewing Dates	October 2 - 5, 2026
Target population	U.S. citizens, aged 18 and over
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	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 0.052 to 6.574, with a mean of one and a standard deviation of 0.981.
Number of respondents	1,053
Margin of error	± 4.2 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	115 questions not reported.