

# YouGov Survey: Daylight Saving Time



Sample 1135 U.S. adult citizens  
Conducted March 10 - 12, 2025  
Margin of Error ±3.8%

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

Before 4 a.m.	2%
Between 4 a.m. to 5 a.m.	7%
Between 5 a.m. to 6 a.m.	16%
Between 6 a.m. to 7 a.m.	26%
Between 7 a.m. to 8 a.m.	16%
Between 8 a.m. to 9 a.m.	12%
Between 9 a.m. to 10 a.m.	9%
Between 10 a.m. to 11 a.m.	5%
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	65%
No, I would not	15%
Not sure	20%

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

Daylight Saving Time	73%
Standard Time	12%
My state does not change its clocks	4%
Not sure	11%

## 4. You indicated that you would like to eliminate the changing of the clocks. Which time would you like to make permanent?

Daylight Saving Time (later sunrises and sunsets)	34%
Standard Time (earlier sunrises and sunsets)	22%
No preference	7%
Not sure	1%
Not asked - not sure if would eliminate daylight savings	20%
Not asked - would not eliminate daylight savings	15%

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

Strongly support	20%
Somewhat support	15%
Neither support nor oppose	21%
Somewhat oppose	15%
Strongly oppose	15%
Not sure	15%

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

Strongly support	30%
Somewhat support	21%
Neither support nor oppose	17%
Somewhat oppose	7%
Strongly oppose	10%
Not sure	15%

7. Which of these best fits 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	21%
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	7%
The federal government should decide for the whole country whether to change clocks or use Permanent Standard or Daylight Saving Time	45%
Not sure	26%

8. Would you prefer to start your day when it is dark outside or when it is light outside?

When it is dark outside	21%
When it is light outside	50%
No preference	24%
Not sure	5%

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

Get dark earlier	14%
Get dark later	66%
No preference	16%
Not sure	4%

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

I am happy about it	29%
I am unhappy about it	19%
I don't really care	39%
Not sure	13%

# YouGov Survey: Daylight Saving Time



<b>Interviewing Dates</b>	March 10 - 12, 2025
<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, 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, 32% Republican). The weights range from 0.052 to 5.055, with a mean of one and a standard deviation of 0.849.
<b>Number of respondents</b>	1135
<b>Margin of error</b>	± 3.8% (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	91 questions not reported.

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## 1. What Time Up

What time do you generally wake up on weekdays?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Before 4 a.m.	2%	2%	3%	2%	2%	3%	2%	2%	4%	1%	*
Between 4 a.m. to 5 a.m.	7%	8%	7%	6%	6%	9%	9%	8%	11%	6%	*
Between 5 a.m. to 6 a.m.	16%	17%	15%	12%	17%	18%	18%	16%	21%	12%	*
Between 6 a.m. to 7 a.m.	26%	28%	24%	26%	28%	26%	24%	27%	19%	30%	*
Between 7 a.m. to 8 a.m.	16%	16%	17%	16%	17%	15%	16%	16%	16%	18%	*
Between 8 a.m. to 9 a.m.	12%	10%	14%	11%	12%	12%	15%	11%	7%	18%	*
Between 9 a.m. to 10 a.m.	9%	9%	8%	14%	6%	8%	8%	9%	9%	4%	*
Between 10 a.m. to 11 a.m.	5%	4%	5%	5%	4%	3%	6%	4%	5%	4%	*
After 11 a.m.	5%	4%	5%	5%	5%	5%	1%	4%	5%	5%	*
Not sure	2%	2%	2%	3%	3%	2%	0%	2%	2%	2%	*
Totals	100%	100%	100%	100%	100%	101%	99%	99%	99%	100%	*
Unweighted N	(1,134)	(521)	(613)	(255)	(208)	(388)	(283)	(749)	(131)	(157)	(97)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Before 4 a.m.	2%	1%	3%	3%	1%	4%	2%	2%	3%	1%	2%	2%	3%
Between 4 a.m. to 5 a.m.	7%	7%	7%	8%	9%	9%	8%	7%	7%	3%	6%	6%	13%
Between 5 a.m. to 6 a.m.	16%	17%	15%	18%	17%	20%	13%	20%	20%	17%	15%	16%	18%
Between 6 a.m. to 7 a.m.	26%	23%	25%	30%	25%	27%	21%	29%	30%	26%	28%	24%	27%
Between 7 a.m. to 8 a.m.	16%	18%	17%	12%	18%	14%	13%	15%	24%	22%	16%	16%	12%
Between 8 a.m. to 9 a.m.	12%	15%	12%	11%	15%	11%	14%	12%	10%	11%	17%	10%	12%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Between 9 a.m. to 10 a.m.	9%	9%	8%	9%	7%	7%	13%	5%	3%	9%	9%	9%	6%
Between 10 a.m. to 11 a.m.	5%	4%	7%	2%	3%	2%	7%	4%	1%	4%	3%	6%	5%
After 11 a.m.	5%	4%	4%	5%	3%	4%	7%	4%	1%	3%	3%	7%	3%
Not sure	2%	2%	2%	3%	1%	1%	2%	2%	0%	4%	1%	3%	1%
Totals	100%	100%	100%	101%	99%	99%	100%	100%	99%	100%	100%	99%	100%
Unweighted N	(1,134)	(390)	(406)	(338)	(469)	(410)	(444)	(319)	(259)	(196)	(233)	(438)	(267)

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## 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 (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes, I would	65%	61%	68%	48%	63%	69%	76%	71%	45%	60%	*
No, I would not	15%	18%	13%	23%	16%	13%	10%	13%	20%	20%	*
Not sure	20%	21%	19%	29%	22%	18%	14%	16%	35%	20%	*
Totals	100%	100%	100%	100%	101%	100%	100%	100%	100%	100%	*
Unweighted N	(1,134)	(521)	(613)	(255)	(208)	(388)	(283)	(749)	(131)	(157)	(97)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes, I would	65%	62%	62%	70%	66%	74%	57%	70%	77%	57%	72%	66%	61%
No, I would not	15%	21%	14%	11%	15%	12%	14%	16%	16%	19%	10%	14%	19%
Not sure	20%	16%	24%	19%	18%	14%	30%	13%	7%	24%	18%	20%	20%
Totals	100%	99%	100%	100%	99%	100%	101%	99%	100%	100%	100%	100%	100%
Unweighted N	(1,134)	(390)	(406)	(338)	(469)	(410)	(445)	(319)	(259)	(196)	(232)	(439)	(267)

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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?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Daylight Saving Time	73%	68%	79%	53%	66%	82%	88%	78%	68%	63%	*
Standard Time	12%	15%	9%	21%	16%	9%	5%	10%	16%	20%	*
My state does not change its clocks	4%	3%	4%	5%	4%	2%	4%	3%	2%	6%	*
Not sure	11%	14%	8%	21%	14%	8%	3%	9%	13%	11%	*
Totals	100%	100%	100%	100%	100%	101%	100%	100%	99%	100%	*
Unweighted N	(1,132)	(519)	(613)	(254)	(206)	(388)	(284)	(749)	(131)	(155)	(97)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daylight Saving Time	73%	79%	65%	78%	80%	79%	72%	76%	78%	70%	84%	78%	59%
Standard Time	12%	12%	14%	10%	11%	12%	10%	13%	15%	12%	9%	10%	18%
My state does not change its clocks	4%	1%	6%	3%	3%	4%	5%	2%	3%	3%	1%	0%	12%
Not sure	11%	9%	14%	8%	7%	6%	14%	9%	4%	15%	6%	12%	11%
Totals	100%	101%	99%	99%	101%	101%	101%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,132)	(390)	(406)	(336)	(469)	(409)	(445)	(316)	(259)	(196)	(233)	(438)	(265)

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## 4. Preferred Time Setting

You indicated that you would like to eliminate the changing of the clocks. Which time would you like to make permanent?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Daylight Saving Time (later sunrises and sunsets)	34%	25%	42%	23%	33%	38%	39%	39%	21%	29%	*
Standard Time (earlier sunrises and sunsets)	22%	27%	18%	17%	21%	24%	27%	24%	17%	18%	*
No preference	7%	7%	6%	5%	7%	6%	9%	7%	6%	8%	*
Not sure	1%	1%	1%	2%	2%	1%	0%	1%	0%	5%	*
Not asked - not sure if would eliminate daylight savings	20%	21%	19%	29%	22%	18%	14%	16%	35%	20%	*
Not asked - would not eliminate daylight savings	15%	18%	13%	23%	16%	13%	10%	13%	20%	20%	*
Totals	99%	99%	99%	99%	101%	100%	99%	100%	99%	100%	*
Unweighted N	(1,133)	(520)	(613)	(255)	(208)	(388)	(282)	(748)	(131)	(157)	(97)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daylight Saving Time (later sunrises and sunsets)	34%	36%	32%	35%	35%	37%	28%	38%	42%	35%	39%	37%	24%
Standard Time (earlier sunrises and sunsets)	22%	18%	21%	28%	19%	28%	23%	24%	20%	15%	23%	21%	28%
No preference	7%	9%	7%	5%	11%	7%	4%	7%	11%	6%	8%	6%	7%
Not sure	1%	0%	2%	2%	1%	2%	1%	1%	4%	1%	2%	2%	1%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Not asked - not sure if would eliminate daylight savings	20%	16%	24%	19%	19%	14%	30%	13%	7%	24%	18%	20%	20%
Not asked - would not eliminate daylight savings	15%	21%	14%	11%	15%	12%	14%	16%	16%	19%	10%	14%	19%
Totals	99%	100%	100%	100%	100%	100%	100%	99%	100%	100%	100%	100%	99%
Unweighted N	(1,133)	(390)	(405)	(338)	(468)	(410)	(444)	(319)	(259)	(196)	(232)	(438)	(267)

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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 (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly support	20%	24%	16%	8%	14%	25%	29%	24%	11%	14%	*
Somewhat support	15%	15%	15%	15%	18%	15%	12%	16%	8%	16%	*
Neither support nor oppose	21%	23%	19%	28%	26%	17%	14%	17%	33%	27%	*
Somewhat oppose	15%	13%	16%	18%	8%	15%	19%	16%	15%	10%	*
Strongly oppose	15%	12%	17%	14%	17%	13%	16%	15%	15%	12%	*
Not sure	15%	13%	17%	17%	18%	15%	10%	12%	18%	21%	*
Totals	101%	100%	100%	100%	101%	100%	100%	100%	100%	100%	*
Unweighted N	(1,133)	(520)	(613)	(254)	(207)	(388)	(284)	(749)	(131)	(157)	(96)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly support	20%	16%	19%	24%	19%	24%	22%	22%	18%	12%	22%	22%	21%
Somewhat support	15%	14%	16%	14%	14%	18%	12%	15%	22%	12%	18%	17%	12%
Neither support nor oppose	21%	20%	25%	16%	22%	18%	21%	20%	21%	23%	23%	18%	22%
Somewhat oppose	15%	18%	11%	17%	15%	15%	15%	15%	14%	16%	16%	13%	15%
Strongly oppose	15%	16%	13%	16%	16%	17%	12%	14%	18%	20%	15%	13%	13%
Not sure	15%	15%	16%	14%	14%	7%	19%	14%	6%	17%	7%	17%	19%
Totals	101%	99%	100%	101%	100%	99%	101%	100%	99%	100%	101%	100%	102%
Unweighted N	(1,133)	(390)	(406)	(337)	(469)	(410)	(444)	(319)	(259)	(195)	(233)	(438)	(267)

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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 (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly support	30%	26%	33%	20%	25%	37%	34%	34%	22%	27%	*
Somewhat support	21%	22%	20%	20%	27%	17%	22%	23%	14%	19%	*
Neither support nor oppose	17%	18%	17%	27%	17%	12%	15%	15%	30%	18%	*
Somewhat oppose	7%	9%	6%	7%	5%	8%	9%	7%	7%	8%	*
Strongly oppose	10%	12%	8%	9%	7%	10%	13%	11%	8%	7%	*
Not sure	15%	13%	16%	17%	18%	16%	7%	11%	19%	22%	*
Totals	100%	100%	100%	100%	99%	100%	100%	101%	100%	101%	*
Unweighted N	(1,130)	(520)	(610)	(254)	(205)	(387)	(284)	(748)	(130)	(156)	(96)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly support	30%	32%	27%	31%	31%	35%	26%	34%	33%	28%	36%	33%	22%
Somewhat support	21%	25%	20%	18%	21%	21%	21%	19%	28%	19%	24%	22%	19%
Neither support nor oppose	17%	16%	21%	15%	16%	16%	19%	17%	16%	18%	15%	16%	20%
Somewhat oppose	7%	8%	6%	9%	8%	10%	6%	7%	10%	2%	8%	7%	11%
Strongly oppose	10%	5%	10%	14%	8%	11%	10%	12%	6%	11%	11%	7%	12%
Not sure	15%	14%	16%	14%	15%	7%	19%	12%	7%	21%	7%	15%	17%
Totals	100%	100%	100%	101%	99%	100%	101%	101%	100%	99%	101%	100%	101%
Unweighted N	(1,130)	(388)	(405)	(337)	(469)	(409)	(441)	(318)	(259)	(195)	(233)	(437)	(265)

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## 7. State Control

Which of these best fits your view?

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
States should be allowed to choose whether they change clocks for Daylight Saving Time, use Permanent Standard Time, or use Permanent Daylight Saving Time	21%	21%	22%	19%	19%	22%	25%	22%	17%	25%	*
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	7%	9%	6%	12%	8%	6%	5%	6%	12%	13%	*
The federal government should decide for the whole country whether to change clocks or use Permanent Standard or Daylight Saving Time	45%	49%	41%	44%	37%	49%	48%	51%	32%	30%	*
Not sure	26%	22%	30%	26%	36%	22%	22%	21%	39%	33%	*
Totals	99%	101%	99%	101%	100%	99%	100%	100%	100%	101%	*
Unweighted N	(1,132)	(519)	(613)	(255)	(207)	(386)	(284)	(748)	(131)	(156)	(97)

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	Party ID			2024 Vote		Family Income (3 category)			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	21%	23%	19%	23%	24%	26%	23%	18%	21%	16%	17%	21%	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	7%	6%	8%	8%	7%	9%	8%	6%	6%	5%	9%	7%	9%
The federal government should decide for the whole country whether to change clocks or use Permanent Standard or Daylight Saving Time	45%	47%	39%	50%	46%	49%	38%	53%	54%	44%	52%	47%	36%
Not sure	26%	24%	33%	20%	24%	16%	31%	24%	18%	35%	22%	25%	25%
Totals	99%	100%	99%	101%	101%	100%	100%	101%	99%	100%	100%	100%	100%
Unweighted N	(1,132)	(390)	(405)	(337)	(468)	(410)	(444)	(317)	(259)	(195)	(232)	(438)	(267)

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**8. Prefer Light or Dark Mornings**

Would you prefer to start your day when it is dark outside or when it is light outside?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
When it is dark outside	21%	24%	18%	15%	17%	26%	22%	22%	18%	20%	*
When it is light outside	50%	48%	52%	58%	55%	45%	47%	49%	60%	44%	*
No preference	24%	24%	24%	19%	21%	27%	27%	26%	17%	24%	*
Not sure	5%	5%	6%	7%	7%	3%	5%	4%	5%	12%	*
Totals	100%	101%	100%	99%	100%	101%	101%	101%	100%	100%	*
Unweighted N	(1,133)	(520)	(613)	(254)	(208)	(387)	(284)	(748)	(131)	(157)	(97)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
When it is dark outside	21%	21%	16%	25%	19%	23%	18%	24%	20%	17%	24%	24%	15%
When it is light outside	50%	55%	49%	48%	51%	45%	54%	47%	50%	53%	50%	48%	52%
No preference	24%	19%	29%	21%	27%	28%	22%	24%	28%	22%	23%	23%	27%
Not sure	5%	5%	6%	5%	4%	4%	6%	6%	1%	7%	4%	5%	6%
Totals	100%	100%	100%	99%	101%	100%	100%	101%	99%	99%	101%	100%	100%
Unweighted N	(1,133)	(389)	(407)	(337)	(468)	(411)	(444)	(319)	(259)	(195)	(233)	(439)	(266)

**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 (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Get dark earlier	14%	18%	10%	13%	18%	15%	11%	15%	12%	12%	*
Get dark later	66%	58%	72%	62%	66%	69%	63%	67%	66%	60%	*
No preference	16%	19%	13%	16%	13%	12%	24%	15%	13%	22%	*
Not sure	4%	4%	4%	8%	3%	4%	2%	3%	9%	6%	*
Totals	100%	99%	99%	99%	100%	100%	100%	100%	100%	100%	*
Unweighted N	(1,133)	(521)	(612)	(254)	(208)	(387)	(284)	(748)	(131)	(157)	(97)

	Party ID			2024 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Get dark earlier	14%	14%	11%	19%	14%	17%	15%	14%	15%	11%	15%	16%	13%
Get dark later	66%	68%	65%	64%	61%	65%	63%	65%	71%	77%	68%	66%	55%
No preference	16%	15%	19%	13%	22%	15%	17%	17%	13%	9%	14%	13%	27%
Not sure	4%	3%	5%	4%	3%	2%	6%	3%	1%	4%	3%	5%	5%
Totals	100%	100%	100%	100%	100%	99%	101%	99%	100%	101%	100%	100%	100%
Unweighted N	(1,133)	(390)	(407)	(336)	(469)	(411)	(444)	(318)	(259)	(195)	(233)	(438)	(267)

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**10. Feelings About Daylight Saving Time**

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

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
I am happy about it	29%	26%	32%	28%	29%	30%	29%	32%	23%	28%	*
I am unhappy about it	19%	20%	19%	11%	17%	25%	20%	20%	13%	17%	*
I don't really care	39%	42%	35%	40%	36%	38%	41%	38%	42%	37%	*
Not sure	13%	12%	14%	21%	18%	8%	9%	10%	21%	17%	*
Totals	100%	100%	100%	100%	100%	101%	99%	100%	99%	99%	*
Unweighted N	(1,133)	(521)	(612)	(254)	(208)	(387)	(284)	(748)	(131)	(157)	(97)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
I am happy about it	29%	29%	25%	34%	27%	35%	27%	30%	31%	34%	28%	31%	24%
I am unhappy about it	19%	17%	20%	20%	19%	18%	18%	20%	24%	12%	20%	19%	23%
I don't really care	39%	44%	38%	34%	46%	38%	38%	39%	38%	35%	41%	37%	42%
Not sure	13%	11%	17%	12%	8%	9%	17%	10%	7%	19%	11%	13%	12%
Totals	100%	101%	100%	100%	100%	100%	100%	99%	100%	100%	100%	100%	101%
Unweighted N	(1,133)	(390)	(407)	(336)	(469)	(410)	(445)	(318)	(258)	(195)	(233)	(438)	(267)



# YouGov Survey: Daylight Saving Time

## March 10 - 12, 2025 - 1135 U.S. adult citizens



<b>Interviewing Dates</b>	March 10 - 12, 2025
<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, 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, 32% Republican). The weights range from 0.052 to 5.055, with a mean of one and a standard deviation of 0.849.
<b>Number of respondents</b>	1135
<b>Margin of error</b>	± 3.8% (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	91 questions not reported.