YouGov Survey Results

Sample Size: 2187 Adults in GB
Fieldwork: 19th - 20th March 2025

	Total	Vote in 2024 GE				EU Ref 2016		Gender		Age				Social Grade		Country			Region in England			
		Con	Lab	Lib Dem	Reform UK	Remain	Leave	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	England	Wales	Scotland	North	Midlands	London	Rest of South
Weighted Sample	2187	394	562	201	236	768	781	1059	1128	230	903	540	514	1247	940	1892	105	190	518	359	265	750
Unweighted Sample	2187	374	604	225	261	900	825	981	1206	122	854	561	650	1370	817	1880	113	194	505	369	199	807
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Daylight saving time is the practice of advancing clocks during summer months by one hour so that evening daylight lasts an hour longer. Do you think the UK should continue to implement daylight saving time each year or should it stop?

	Total	Con	Lab	Lib Dem	Reform UK	Remain	Leave	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	England	Wales	Scotland	North	Midlands	London	Rest of South
Should continue to implement daylight saving time	**45**	50	45	45	42	45	43	44	46	54	45	43	44	46	45	44	52	50	43	40	54	44
Should stop implementing daylight saving time	**41**	40	41	46	49	42	47	43	39	22	40	43	47	41	40	42	36	34	45	44	31	42
Don't know	**14**	9	14	9	9	13	9	12	15	25	15	14	8	13	15	14	12	16	12	16	15	14

If daylight saving time were to be abolished, a decision will have to be made on whether to stay permanently on "winter time" or "summer time". If you had to choose between these, which would you prefer?

	Total	Con	Lab	Lib Dem	Reform UK	Remain	Leave	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	England	Wales	Scotland	North	Midlands	London	Rest of South
Winter time - sunrise is earlier in the mornings (particularly in winter), but sunset is earlier in the evenings (particularly in summer)	**22**	20	22	22	22	24	21	23	20	24	23	22	19	21	22	21	20	27	24	22	18	20
Summer time - sunset is later in the evenings (particularly in summer), but sunrise is later in the mornings (particularly in winter)	**62**	68	64	63	64	61	64	61	62	62	61	60	65	63	60	63	66	49	62	60	65	64
Don't know	**16**	12	13	15	14	15	15	15	17	15	16	18	16	16	17	16	13	24	14	18	17	16

*Any percentages calculated on bases fewer than 100 respondents do not represent a wide enough cross-section of the target population to be considered statistically reliable. These figures should not be used.

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