

Daily Survey: Daylight Savings Time

March 16 - 20, 2022 - 1000 US Adult Citizens



1. What Time Up

What time do you generally start your weekdays?

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Before 5 a.m.	11%	12%	10%	3%	5%	17%	17%	11%	9%	11%	13%
Between 5 a.m. to 5:30 a.m.	10%	10%	10%	5%	6%	15%	13%	12%	6%	3%	10%
Between 5:30 a.m. to 6 a.m.	12%	11%	13%	10%	13%	14%	10%	12%	13%	12%	9%
Between 6 a.m. to 6:30 a.m.	12%	13%	12%	13%	12%	11%	14%	13%	10%	13%	12%
Between 6:30 a.m. to 7 a.m.	11%	9%	13%	12%	14%	8%	12%	11%	7%	12%	16%
Between 7 a.m. to 7:30 a.m.	11%	12%	9%	9%	10%	13%	8%	9%	15%	10%	12%
Between 7:30 a.m. to 8 a.m.	5%	3%	7%	4%	6%	4%	7%	5%	5%	4%	7%
Between 8 a.m. to 8:30 a.m.	5%	5%	6%	5%	9%	4%	5%	5%	6%	6%	3%
Between 8:30 a.m. to 9 a.m.	4%	3%	5%	3%	4%	2%	7%	4%	2%	5%	0%
After 9 a.m.	12%	14%	9%	16%	15%	10%	6%	11%	11%	13%	12%
Not sure	7%	8%	6%	22%	4%	4%	2%	5%	16%	10%	6%
Totals	100%	100%	100%	102%	98%	102%	101%	98%	100%	99%	100%
Unweighted N	(992)	(459)	(533)	(171)	(220)	(387)	(214)	(720)	(115)	(84)	(73)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Before 5 a.m.	11%	7%	14%	11%	7%	16%	13%	11%	6%	7%	13%	7%	19%

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	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Between 5 a.m. to 5:30 a.m.	10%	7%	9%	17%	10%	15%	7%	12%	15%	13%	10%	10%	9%
Between 5:30 a.m. to 6 a.m.	12%	11%	12%	13%	13%	13%	14%	12%	11%	14%	12%	11%	11%
Between 6 a.m. to 6:30 a.m.	12%	13%	12%	12%	14%	13%	11%	13%	15%	21%	7%	15%	7%
Between 6:30 a.m. to 7 a.m.	11%	12%	10%	13%	13%	11%	8%	13%	14%	9%	11%	12%	12%
Between 7 a.m. to 7:30 a.m.	11%	14%	8%	10%	13%	9%	13%	10%	10%	9%	12%	13%	7%
Between 7:30 a.m. to 8 a.m.	5%	6%	5%	4%	6%	5%	5%	5%	4%	1%	6%	6%	5%
Between 8 a.m. to 8:30 a.m.	5%	6%	4%	7%	5%	6%	5%	6%	8%	10%	6%	4%	4%
Between 8:30 a.m. to 9 a.m.	4%	4%	4%	3%	3%	3%	3%	5%	4%	1%	5%	3%	4%
After 9 a.m.	12%	15%	12%	7%	13%	6%	12%	12%	7%	12%	9%	10%	16%
Not sure	7%	6%	10%	3%	4%	3%	9%	1%	6%	3%	8%	9%	7%
Totals	100%	101%	100%	100%	101%	100%	100%	100%	100%	100%	99%	100%	101%
Unweighted N	(992)	(337)	(406)	(249)	(394)	(333)	(395)	(272)	(213)	(200)	(210)	(429)	(153)

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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?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes, I would	64%	64%	64%	42%	65%	68%	77%	69%	41%	52%	75%
No, I would not	17%	16%	18%	25%	20%	13%	11%	15%	27%	21%	8%
Not sure	19%	21%	18%	33%	15%	19%	13%	16%	32%	27%	17%
Totals	100%	101%	100%	100%	100%	100%	101%	100%	100%	100%	100%
Unweighted N	(991)	(458)	(533)	(169)	(220)	(388)	(214)	(718)	(115)	(85)	(73)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes, I would	64%	65%	61%	67%	67%	76%	61%	64%	74%	57%	66%	64%	68%
No, I would not	17%	17%	14%	20%	15%	15%	17%	19%	14%	26%	14%	17%	11%
Not sure	19%	18%	24%	13%	17%	9%	22%	17%	12%	17%	20%	19%	21%
Totals	100%	100%	99%	100%	99%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(991)	(338)	(404)	(249)	(395)	(333)	(396)	(270)	(213)	(200)	(209)	(429)	(153)

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3. Which Time Setting Now

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

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Daylight Saving Time	72%	70%	74%	48%	66%	79%	89%	78%	55%	63%	64%
Permanent Standard Time	13%	15%	11%	17%	21%	9%	6%	12%	16%	14%	16%
My state does not change its clocks	3%	4%	3%	5%	3%	4%	1%	3%	6%	5%	0%
Not sure	12%	11%	12%	29%	10%	8%	4%	7%	23%	19%	20%
Totals	100%	100%	100%	99%	100%	100%	100%	100%	100%	101%	100%
Unweighted N	(989)	(457)	(532)	(169)	(219)	(387)	(214)	(717)	(114)	(85)	(73)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daylight Saving Time	72%	70%	69%	80%	74%	83%	68%	79%	75%	71%	78%	74%	64%
Permanent Standard Time	13%	17%	12%	11%	16%	10%	12%	14%	18%	18%	11%	12%	13%
My state does not change its clocks	3%	3%	4%	3%	2%	3%	4%	2%	1%	2%	0%	3%	9%
Not sure	12%	11%	16%	5%	8%	4%	16%	4%	6%	9%	11%	11%	14%
Totals	100%	101%	101%	99%	100%	100%	100%	99%	100%	100%	100%	100%	100%
Unweighted N	(989)	(336)	(404)	(249)	(394)	(332)	(394)	(271)	(212)	(200)	(208)	(428)	(153)

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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?

Asked of those who want to eliminate Daylight Saving Time

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Permanent Daylight Saving Time (stay "sprung forward" an hour for later sunset)	53%	51%	54%	60%	42%	55%	55%	53%	55%	63%	39%
Permanent Standard Time (stay "fallen back" for earlier sunrise)	32%	35%	29%	28%	36%	31%	32%	33%	32%	19%	39%
No preference	13%	12%	13%	10%	16%	13%	11%	13%	12%	9%	17%
Not sure	3%	1%	4%	2%	6%	1%	2%	2%	2%	10%	5%
Totals	101%	99%	100%	100%	100%	100%	100%	101%	101%	101%	100%
Unweighted N	(650)	(302)	(348)	(74)	(146)	(270)	(160)	(495)	(52)	(48)	(55)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Permanent Daylight Saving Time (stay "sprung forward" an hour for later sunset)	53%	55%	53%	50%	55%	52%	52%	53%	56%	62%	49%	55%	47%
Permanent Standard Time (stay "fallen back" for earlier sunrise)	32%	32%	28%	37%	30%	33%	31%	37%	29%	31%	32%	28%	38%
No preference	13%	11%	15%	11%	14%	13%	14%	8%	11%	2%	16%	15%	13%
Not sure	3%	3%	4%	1%	1%	2%	3%	3%	3%	5%	3%	2%	3%
Totals	101%	101%	100%	99%	100%	100%	100%	101%	99%	100%	100%	100%	101%
Unweighted N	(650)	(221)	(262)	(167)	(265)	(248)	(248)	(180)	(152)	(117)	(143)	(285)	(105)

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5. Prefer Light or Dark

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

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
When it is dark outside	23%	26%	20%	23%	20%	27%	21%	23%	19%	25%	29%
When it is light outside	38%	33%	43%	37%	48%	32%	38%	40%	29%	40%	31%
No preference	32%	35%	29%	24%	27%	37%	37%	33%	36%	24%	31%
Not sure	7%	6%	8%	16%	5%	5%	3%	4%	16%	11%	9%
Totals	100%	100%	100%	100%	100%	101%	99%	100%	100%	100%	100%
Unweighted N	(991)	(459)	(532)	(169)	(219)	(389)	(214)	(719)	(114)	(85)	(73)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
When it is dark outside	23%	23%	22%	25%	21%	26%	23%	21%	28%	19%	24%	21%	29%
When it is light outside	38%	43%	32%	42%	40%	37%	38%	45%	41%	46%	32%	40%	36%
No preference	32%	28%	37%	28%	35%	34%	30%	31%	27%	28%	40%	32%	27%
Not sure	7%	6%	9%	5%	4%	3%	9%	3%	5%	7%	5%	7%	9%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	101%	100%	101%	100%	101%
Unweighted N	(991)	(338)	(403)	(250)	(396)	(334)	(395)	(271)	(213)	(200)	(208)	(429)	(154)

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Interviewing Dates	March 16 - 20, 2022
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, geographic region, and voter registration) was selected from the 2018 American Community Study. Voter registration was imputed from the November 2018 Current Population Survey Registration and Voting Supplement.
Weighting	The sample was weighted based on gender, age, race, education, news interest, and 2020 Presidential vote (or non-vote). The weights range from 0.39 to 5.192, with a mean of one and a standard deviation of 0.522.
Number of respondents	1000
Margin of error	± 3.5% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	60 questions not reported.