

# YouGov Survey: Daylight Savings Time



Sample 1000 U.S. Adult Citizens  
Conducted October 27 - November 2, 2023  
Margin of Error ±3.8%

## 1. What time do you generally start your weekdays?

Before 5 a.m.	9%
Between 5 a.m. to 5:30 a.m.	11%
Between 5:30 a.m. to 6 a.m.	8%
Between 6 a.m. to 6:30 a.m.	14%
Between 6:30 a.m. to 7 a.m.	10%
Between 7 a.m. to 7:30 a.m.	10%
Between 7:30 a.m. to 8 a.m.	9%
Between 8 a.m. to 8:30 a.m.	7%
Between 8:30 a.m. to 9 a.m.	5%
After 9 a.m.	13%
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	68%
No, I would not	17%
Not sure	14%

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

Daylight Saving Time	66%
Permanent Standard Time	17%
My state does not change its clocks	3%
Not sure	15%

## 4. 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*

Permanent Daylight Saving Time (later sunrises and sunsets)	33%
Permanent Standard Time (earlier sunrises and sunsets)	23%
No preference	9%
Not sure	17%
Not asked - would not eliminate daylight savings	17%

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

When it is dark outside	19%
When it is light outside	54%
No preference	24%
Not sure	3%

6. When thinking about Daylight Savings Time, Standard Time, and changing the clock, what values are most important to you when choosing the optimal system? Please rank the following:

	1	2	3	4	5	6	7
The option that is healthiest and most in line with human biological circadian rhythms	31%	18%	15%	9%	10%	8%	9%
The option that makes people sleep better	13%	18%	17%	16%	14%	13%	9%
The option that promotes safety in the morning, among commuters and children going to school	20%	20%	14%	16%	15%	8%	8%
The option that promotes safety at night, among people driving at night	10%	13%	15%	13%	17%	18%	13%
The option that is best for the economy	9%	10%	12%	16%	15%	17%	22%
The option that puts you in a better mood	11%	12%	17%	15%	13%	14%	18%
The option that saves the most electricity	8%	11%	11%	14%	14%	22%	19%

7. How do you feel about the end of Daylight Saving Time coming up?

I'm looking forward to it .....	27%
I'm not looking forward to it .....	33%
I don't really care .....	32%
Not sure .....	9%

# YouGov Survey: Daylight Savings Time



<b>Interviewing Dates</b>	October 27 - November 2, 2023
<b>Target population</b>	U.S. Citizens, aged 18 and over.
<b>Sampling method</b>	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 2019 American Community Survey.
<b>Weighting</b>	The sample was weighted according to gender, age, race, education, 2020 election turnout and Presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. Baseline party identification is the respondent's most recent answer given prior to November 1, 2022, and is weighted to the estimated distribution at that time (33% Democratic, 31% Republican). The weights range from 0.112 to 4.846, with a mean of one and a standard deviation of 0.682.
<b>Number of respondents</b>	1000
<b>Margin of error</b>	± 3.8% (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	70 questions not reported.

# YouGov Survey: Daylight Savings Time

October 27 - November 2, 2023 - 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.	9%	10%	9%	7%	8%	13%	8%	8%	11%	15%	12%
Between 5 a.m. to 5:30 a.m.	11%	12%	11%	13%	11%	12%	9%	11%	16%	8%	13%
Between 5:30 a.m. to 6 a.m.	8%	9%	7%	7%	10%	8%	7%	8%	7%	6%	11%
Between 6 a.m. to 6:30 a.m.	14%	16%	12%	13%	18%	12%	14%	14%	16%	12%	13%
Between 6:30 a.m. to 7 a.m.	10%	10%	10%	7%	10%	12%	11%	10%	11%	9%	12%
Between 7 a.m. to 7:30 a.m.	10%	10%	11%	14%	11%	9%	8%	10%	8%	14%	12%
Between 7:30 a.m. to 8 a.m.	9%	9%	9%	10%	8%	7%	10%	9%	9%	6%	4%
Between 8 a.m. to 8:30 a.m.	7%	6%	8%	4%	8%	6%	11%	8%	5%	9%	4%
Between 8:30 a.m. to 9 a.m.	5%	3%	7%	6%	2%	3%	10%	5%	3%	5%	8%
After 9 a.m.	13%	12%	13%	13%	11%	15%	11%	15%	9%	10%	8%
Not sure	3%	3%	3%	5%	3%	4%	1%	3%	5%	5%	2%
Totals	99%	100%	100%	99%	100%	101%	100%	101%	100%	99%	99%
Unweighted N	(1,000)	(449)	(551)	(144)	(222)	(376)	(258)	(633)	(126)	(147)	(94)

**YouGov Survey: Daylight Savings Time**  
 October 27 - November 2, 2023 - 1000 US Adult Citizens



	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Before 5 a.m.	9%	7%	11%	11%	8%	11%	11%	8%	9%	13%	8%	9%	9%
Between 5 a.m. to 5:30 a.m.	11%	14%	10%	8%	9%	13%	13%	9%	11%	7%	9%	11%	17%
Between 5:30 a.m. to 6 a.m.	8%	7%	8%	9%	9%	7%	8%	8%	7%	9%	8%	8%	7%
Between 6 a.m. to 6:30 a.m.	14%	16%	13%	13%	12%	13%	14%	18%	12%	18%	17%	12%	10%
Between 6:30 a.m. to 7 a.m.	10%	11%	9%	11%	12%	10%	8%	10%	17%	10%	9%	10%	11%
Between 7 a.m. to 7:30 a.m.	10%	11%	10%	9%	14%	9%	8%	12%	10%	12%	8%	8%	15%
Between 7:30 a.m. to 8 a.m.	9%	10%	7%	9%	9%	9%	8%	10%	10%	6%	9%	8%	11%
Between 8 a.m. to 8:30 a.m.	7%	8%	6%	8%	7%	9%	9%	7%	8%	3%	13%	8%	5%
Between 8:30 a.m. to 9 a.m.	5%	3%	6%	6%	4%	7%	6%	5%	5%	5%	4%	5%	7%
After 9 a.m.	13%	11%	13%	14%	14%	11%	14%	13%	9%	13%	14%	15%	6%
Not sure	3%	2%	6%	1%	1%	2%	4%	2%	1%	2%	2%	5%	2%
Totals	99%	100%	99%	99%	99%	101%	103%	102%	99%	98%	101%	99%	100%
Unweighted N	(1,000)	(345)	(373)	(282)	(347)	(360)	(418)	(256)	(207)	(172)	(230)	(393)	(205)

# YouGov Survey: Daylight Savings Time

October 27 - November 2, 2023 - 1000 US 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?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes, I would	68%	67%	69%	56%	64%	73%	77%	70%	64%	65%	68%
No, I would not	17%	18%	17%	26%	17%	15%	14%	17%	17%	18%	24%
Not sure	14%	15%	14%	18%	19%	12%	9%	14%	19%	18%	8%
Totals	99%	100%	100%	100%	100%	100%	100%	101%	100%	101%	100%
Unweighted N	(998)	(448)	(550)	(144)	(220)	(376)	(258)	(633)	(125)	(146)	(94)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes, I would	68%	65%	67%	73%	75%	73%	65%	74%	74%	69%	73%	67%	64%
No, I would not	17%	20%	16%	16%	14%	15%	22%	12%	14%	21%	11%	21%	14%
Not sure	14%	15%	17%	11%	11%	12%	13%	14%	12%	10%	16%	12%	22%
Totals	99%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(998)	(344)	(372)	(282)	(346)	(360)	(417)	(256)	(206)	(171)	(229)	(393)	(205)

# YouGov Survey: Daylight Savings Time

October 27 - November 2, 2023 - 1000 US Adult Citizens



### 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	66%	64%	68%	51%	53%	74%	82%	67%	76%	56%	56%
Permanent Standard Time	17%	19%	14%	14%	27%	15%	10%	18%	10%	22%	10%
My state does not change its clocks	3%	3%	2%	3%	3%	2%	4%	2%	1%	3%	9%
Not sure	15%	14%	15%	32%	17%	10%	4%	13%	14%	19%	25%
Totals	101%	100%	99%	100%	100%	101%	100%	100%	101%	100%	100%
Unweighted N	(999)	(448)	(551)	(143)	(222)	(376)	(258)	(632)	(126)	(147)	(94)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daylight Saving Time	66%	65%	63%	71%	73%	70%	65%	70%	68%	61%	73%	68%	59%
Permanent Standard Time	17%	18%	13%	19%	16%	18%	15%	18%	22%	25%	16%	13%	16%
My state does not change its clocks	3%	3%	3%	2%	3%	3%	3%	2%	3%	1%	2%	1%	8%
Not sure	15%	14%	22%	8%	9%	8%	17%	11%	8%	13%	10%	17%	17%
Totals	101%	100%	101%	100%	101%	99%	100%	101%	101%	100%	101%	99%	100%
Unweighted N	(999)	(344)	(373)	(282)	(347)	(360)	(417)	(256)	(207)	(172)	(230)	(393)	(204)

# YouGov Survey: Daylight Savings Time

October 27 - November 2, 2023 - 1000 US Adult Citizens



## 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 (later sunrises and sunsets)	33%	28%	37%	30%	28%	36%	35%	33%	25%	31%	40%
Permanent Standard Time (earlier sunrises and sunsets)	23%	27%	20%	15%	25%	22%	32%	24%	26%	21%	20%
No preference	9%	10%	9%	5%	9%	13%	9%	10%	12%	9%	5%
Not sure	17%	17%	18%	24%	21%	15%	10%	16%	20%	21%	12%
Not asked - would not eliminate daylight savings	17%	18%	17%	26%	17%	15%	14%	17%	17%	18%	24%
Totals	99%	100%	101%	100%	100%	101%	100%	100%	100%	100%	101%
Unweighted N	(998)	(448)	(550)	(144)	(220)	(376)	(258)	(633)	(125)	(146)	(94)



**YouGov Survey: Daylight Savings Time**  
 October 27 - November 2, 2023 - 1000 US Adult Citizens



	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Permanent Daylight Saving Time (later sunrises and sunsets)	33%	34%	27%	37%	38%	37%	27%	44%	36%	32%	38%	32%	28%
Permanent Standard Time (earlier sunrises and sunsets)	23%	22%	24%	25%	23%	25%	26%	20%	24%	28%	25%	22%	21%
No preference	9%	8%	11%	9%	11%	8%	9%	9%	13%	8%	8%	10%	11%
Not sure	17%	16%	22%	13%	14%	14%	16%	15%	14%	11%	19%	14%	25%
Not asked - would not eliminate daylight savings	17%	20%	16%	16%	14%	15%	22%	12%	14%	21%	11%	21%	14%
Totals	99%	100%	100%	100%	100%	99%	100%	100%	101%	100%	101%	99%	99%
Unweighted N	(998)	(344)	(372)	(282)	(346)	(360)	(417)	(256)	(206)	(171)	(229)	(393)	(205)

**YouGov Survey: Daylight Savings Time**  
 October 27 - November 2, 2023 - 1000 US Adult Citizens



**5. Prefer Light or Dark**

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	19%	21%	18%	19%	22%	22%	13%	20%	13%	19%	25%
When it is light outside	54%	51%	57%	66%	53%	44%	57%	53%	61%	55%	47%
No preference	24%	26%	22%	10%	23%	31%	30%	25%	23%	20%	28%
Not sure	3%	2%	3%	6%	2%	3%	0%	2%	3%	6%	0%
Totals	100%	100%	100%	101%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,000)	(449)	(551)	(144)	(222)	(376)	(258)	(633)	(126)	(147)	(94)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
When it is dark outside	19%	14%	23%	22%	15%	24%	19%	21%	18%	23%	18%	19%	19%
When it is light outside	54%	62%	47%	52%	58%	48%	54%	55%	53%	57%	51%	52%	56%
No preference	24%	22%	25%	26%	25%	28%	24%	23%	29%	18%	29%	27%	19%
Not sure	3%	2%	5%	0%	2%	0%	4%	1%	1%	1%	2%	2%	5%
Totals	100%	100%	100%	100%	100%	100%	101%	100%	101%	99%	100%	100%	99%
Unweighted N	(1,000)	(345)	(373)	(282)	(347)	(360)	(418)	(256)	(207)	(172)	(230)	(393)	(205)

# YouGov Survey: Daylight Savings Time

October 27 - November 2, 2023 - 1000 US Adult Citizens



## 6A. Ranking Factors Determining Time System — The option that is healthiest and most in line with human biological circadian rhythms

When thinking about Daylight Savings Time, Standard Time, and changing the clock, what values are most important to you when choosing the optimal system? Please rank the following:

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
1	31%	31%	32%	30%	26%	30%	39%	36%	20%	20%	33%
2	18%	16%	20%	22%	14%	15%	21%	17%	16%	19%	21%
3	15%	16%	14%	10%	15%	18%	14%	12%	22%	19%	18%
4	9%	12%	6%	7%	9%	10%	8%	8%	14%	9%	7%
5	10%	9%	12%	10%	15%	10%	6%	11%	8%	9%	12%
6	8%	7%	9%	10%	7%	9%	5%	6%	7%	20%	1%
7	9%	11%	8%	10%	13%	8%	6%	10%	13%	4%	8%
Totals	100%	102%	101%	99%	99%	100%	99%	100%	100%	100%	100%
Unweighted N	(977)	(438)	(539)	(143)	(214)	(372)	(248)	(617)	(124)	(144)	(92)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	31%	29%	34%	31%	33%	35%	28%	31%	40%	22%	33%	33%	35%
2	18%	19%	19%	15%	19%	15%	16%	24%	17%	23%	17%	19%	13%
3	15%	16%	14%	14%	16%	15%	16%	13%	12%	14%	16%	13%	16%
4	9%	7%	10%	10%	7%	8%	9%	8%	8%	7%	8%	8%	12%
5	10%	8%	10%	13%	9%	10%	11%	8%	10%	12%	10%	11%	8%
6	8%	9%	5%	9%	8%	7%	9%	9%	7%	12%	8%	9%	3%
7	9%	11%	8%	8%	8%	8%	11%	7%	7%	10%	9%	7%	12%
Totals	100%	99%	100%	100%	100%	98%	100%	100%	101%	100%	101%	100%	99%
Unweighted N	(977)	(343)	(359)	(275)	(345)	(349)	(407)	(253)	(204)	(170)	(225)	(383)	(199)

# YouGov Survey: Daylight Savings Time

October 27 - November 2, 2023 - 1000 US Adult Citizens



## 6B. Ranking Factors Determining Time System — The option that makes people sleep better

When thinking about Daylight Savings Time, Standard Time, and changing the clock, what values are most important to you when choosing the optimal system? Please rank the following:

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
1	13%	12%	14%	18%	12%	15%	8%	11%	18%	17%	18%
2	18%	17%	19%	15%	17%	22%	17%	18%	28%	12%	14%
3	17%	19%	16%	20%	15%	17%	17%	19%	8%	15%	23%
4	16%	16%	17%	16%	16%	15%	17%	16%	17%	20%	14%
5	14%	15%	13%	18%	13%	12%	12%	12%	16%	18%	14%
6	13%	12%	13%	4%	16%	12%	18%	14%	11%	6%	10%
7	9%	9%	9%	8%	11%	6%	12%	10%	3%	12%	8%
Totals	100%	100%	101%	99%	100%	99%	101%	100%	101%	100%	101%
Unweighted N	(975)	(437)	(538)	(142)	(215)	(370)	(248)	(619)	(124)	(143)	(89)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	13%	12%	17%	10%	11%	9%	15%	13%	9%	14%	15%	13%	12%
2	18%	19%	18%	17%	18%	16%	21%	13%	19%	14%	24%	15%	21%
3	17%	15%	20%	16%	18%	18%	16%	21%	16%	16%	15%	18%	19%
4	16%	15%	18%	16%	17%	17%	13%	20%	18%	21%	13%	17%	14%
5	14%	16%	13%	12%	16%	13%	11%	14%	15%	8%	14%	16%	13%
6	13%	16%	8%	13%	14%	14%	11%	12%	14%	13%	13%	13%	11%
7	9%	7%	5%	15%	6%	13%	13%	6%	9%	14%	7%	8%	8%
Totals	100%	100%	99%	99%	100%	100%	100%	99%	100%	100%	101%	100%	98%
Unweighted N	(975)	(343)	(358)	(274)	(346)	(350)	(408)	(251)	(204)	(167)	(227)	(382)	(199)

**YouGov Survey: Daylight Savings Time**  
 October 27 - November 2, 2023 - 1000 US Adult Citizens



**6C. Ranking Factors Determining Time System — The option that promotes safety in the morning, among commuters and children going to school**

When thinking about Daylight Savings Time, Standard Time, and changing the clock, what values are most important to you when choosing the optimal system? Please rank the following:

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
1	20%	19%	20%	14%	15%	23%	25%	19%	24%	23%	13%
2	20%	18%	22%	16%	26%	16%	22%	19%	21%	21%	23%
3	14%	12%	15%	18%	10%	15%	12%	15%	14%	7%	15%
4	16%	17%	16%	19%	18%	16%	14%	16%	20%	18%	10%
5	15%	13%	17%	20%	17%	12%	12%	14%	13%	15%	24%
6	8%	10%	6%	7%	6%	11%	7%	8%	4%	10%	7%
7	8%	10%	6%	6%	8%	8%	8%	9%	4%	7%	7%
Totals	101%	99%	102%	100%	100%	101%	100%	100%	100%	101%	99%
Unweighted N	(976)	(436)	(540)	(142)	(217)	(369)	(248)	(619)	(124)	(145)	(88)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	20%	20%	18%	21%	18%	20%	21%	23%	16%	25%	19%	17%	19%
2	20%	20%	17%	22%	21%	22%	17%	20%	24%	23%	20%	21%	17%
3	14%	15%	12%	13%	16%	12%	12%	17%	13%	15%	17%	12%	13%
4	16%	18%	17%	14%	18%	15%	20%	15%	14%	15%	19%	17%	14%
5	15%	12%	19%	14%	11%	11%	15%	11%	15%	11%	11%	17%	19%
6	8%	7%	8%	8%	6%	12%	7%	6%	11%	3%	9%	9%	9%
7	8%	8%	8%	8%	10%	8%	7%	8%	8%	9%	5%	7%	10%
Totals	101%	100%	99%	100%	100%	100%	99%	100%	101%	101%	100%	100%	101%
Unweighted N	(976)	(344)	(357)	(275)	(345)	(349)	(408)	(251)	(206)	(169)	(227)	(380)	(200)

# YouGov Survey: Daylight Savings Time

October 27 - November 2, 2023 - 1000 US Adult Citizens



## 6D. Ranking Factors Determining Time System — The option that promotes safety at night, among people driving at night

When thinking about Daylight Savings Time, Standard Time, and changing the clock, what values are most important to you when choosing the optimal system? Please rank the following:

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
1	10%	12%	8%	13%	11%	9%	8%	8%	19%	11%	7%
2	13%	14%	12%	10%	12%	16%	12%	12%	15%	20%	7%
3	15%	13%	18%	15%	18%	14%	16%	17%	12%	14%	13%
4	13%	13%	14%	19%	12%	11%	13%	13%	10%	13%	23%
5	17%	15%	20%	14%	16%	17%	23%	17%	23%	14%	12%
6	18%	20%	16%	15%	20%	20%	16%	20%	11%	13%	25%
7	13%	14%	11%	14%	11%	12%	12%	13%	10%	13%	14%
Totals	99%	101%	99%	100%	100%	99%	100%	100%	100%	98%	101%
Unweighted N	(969)	(430)	(539)	(142)	(213)	(369)	(245)	(614)	(123)	(145)	(87)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	10%	11%	11%	8%	12%	9%	9%	13%	7%	12%	9%	9%	10%
2	13%	15%	11%	13%	13%	13%	13%	15%	14%	13%	11%	15%	11%
3	15%	13%	17%	17%	12%	13%	15%	16%	13%	15%	15%	17%	14%
4	13%	16%	11%	14%	15%	11%	13%	14%	13%	14%	16%	12%	12%
5	17%	18%	17%	17%	18%	19%	21%	16%	16%	16%	19%	16%	18%
6	18%	15%	20%	20%	16%	20%	18%	13%	25%	15%	14%	17%	25%
7	13%	12%	14%	12%	12%	14%	11%	13%	12%	14%	16%	13%	8%
Totals	99%	100%	101%	101%	98%	99%	100%	100%	100%	99%	100%	99%	98%
Unweighted N	(969)	(340)	(356)	(273)	(343)	(346)	(404)	(251)	(202)	(168)	(224)	(380)	(197)

# YouGov Survey: Daylight Savings Time

October 27 - November 2, 2023 - 1000 US Adult Citizens



## 6E. Ranking Factors Determining Time System — The option that is best for the economy

When thinking about Daylight Savings Time, Standard Time, and changing the clock, what values are most important to you when choosing the optimal system? Please rank the following:

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
1	9%	10%	9%	8%	16%	7%	7%	8%	11%	11%	10%
2	10%	12%	8%	6%	11%	10%	11%	11%	7%	7%	8%
3	12%	13%	10%	11%	13%	11%	11%	12%	10%	15%	8%
4	16%	15%	16%	18%	12%	16%	17%	16%	14%	15%	16%
5	15%	17%	13%	17%	12%	16%	16%	16%	12%	12%	13%
6	17%	15%	19%	18%	13%	19%	18%	16%	20%	19%	22%
7	22%	18%	25%	22%	23%	21%	21%	21%	26%	21%	24%
Totals	101%	100%	100%	100%	100%	100%	101%	100%	100%	100%	101%
Unweighted N	(969)	(430)	(539)	(143)	(212)	(367)	(247)	(613)	(122)	(145)	(89)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	9%	7%	10%	11%	7%	10%	9%	7%	11%	13%	5%	10%	8%
2	10%	7%	11%	12%	6%	12%	10%	9%	8%	5%	7%	9%	15%
3	12%	14%	8%	13%	10%	14%	11%	11%	15%	12%	11%	10%	14%
4	16%	16%	13%	18%	18%	18%	15%	16%	17%	16%	17%	17%	12%
5	15%	16%	15%	15%	15%	16%	14%	17%	14%	22%	17%	13%	11%
6	17%	17%	19%	14%	18%	14%	18%	15%	15%	14%	16%	19%	18%
7	22%	24%	24%	17%	26%	15%	23%	25%	19%	18%	27%	21%	22%
Totals	101%	101%	100%	100%	100%	99%	100%	100%	99%	100%	100%	99%	100%
Unweighted N	(969)	(341)	(355)	(273)	(344)	(347)	(404)	(250)	(204)	(167)	(223)	(380)	(199)

# YouGov Survey: Daylight Savings Time

October 27 - November 2, 2023 - 1000 US Adult Citizens



## 6F. Ranking Factors Determining Time System — The option that puts you in a better mood

When thinking about Daylight Savings Time, Standard Time, and changing the clock, what values are most important to you when choosing the optimal system? Please rank the following:

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
1	11%	11%	10%	11%	17%	9%	5%	11%	7%	12%	5%
2	12%	14%	11%	16%	12%	11%	12%	13%	7%	12%	21%
3	17%	16%	17%	17%	18%	16%	16%	15%	21%	21%	14%
4	15%	13%	16%	13%	18%	14%	15%	14%	14%	16%	19%
5	13%	14%	13%	8%	11%	18%	15%	14%	11%	12%	15%
6	14%	14%	14%	21%	11%	11%	14%	14%	17%	12%	11%
7	18%	18%	19%	14%	14%	21%	22%	18%	23%	15%	15%
Totals	100%	100%	100%	100%	101%	100%	99%	99%	100%	100%	100%
Unweighted N	(973)	(435)	(538)	(143)	(214)	(370)	(246)	(617)	(123)	(144)	(89)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	11%	11%	8%	13%	10%	12%	11%	10%	15%	9%	12%	11%	9%
2	12%	12%	15%	10%	10%	13%	12%	13%	9%	14%	12%	11%	12%
3	17%	16%	18%	16%	17%	16%	17%	17%	15%	17%	17%	17%	15%
4	15%	14%	18%	13%	12%	14%	13%	18%	16%	11%	16%	16%	16%
5	13%	14%	11%	15%	14%	16%	12%	16%	15%	11%	16%	11%	17%
6	14%	12%	16%	14%	14%	13%	18%	8%	12%	18%	11%	12%	16%
7	18%	21%	15%	19%	23%	16%	17%	18%	19%	19%	16%	21%	15%
Totals	100%	100%	101%	100%	100%	100%	100%	100%	101%	99%	100%	99%	100%
Unweighted N	(973)	(341)	(359)	(273)	(344)	(348)	(406)	(252)	(205)	(169)	(226)	(381)	(197)



# YouGov Survey: Daylight Savings Time

October 27 - November 2, 2023 - 1000 US Adult Citizens



## 6G. Ranking Factors Determining Time System — The option that saves the most electricity

When thinking about Daylight Savings Time, Standard Time, and changing the clock, what values are most important to you when choosing the optimal system? Please rank the following:

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
1	8%	8%	8%	5%	7%	9%	10%	8%	4%	7%	15%
2	11%	11%	10%	14%	9%	11%	9%	11%	8%	10%	8%
3	11%	11%	11%	9%	12%	11%	13%	11%	13%	11%	10%
4	14%	14%	15%	9%	14%	17%	16%	16%	11%	9%	11%
5	14%	17%	12%	13%	15%	14%	15%	14%	16%	20%	9%
6	22%	22%	23%	26%	26%	18%	22%	21%	29%	19%	23%
7	19%	18%	21%	24%	18%	21%	15%	18%	20%	25%	23%
Totals	99%	101%	100%	100%	101%	101%	100%	99%	101%	101%	99%
Unweighted N	(976)	(435)	(541)	(143)	(214)	(372)	(247)	(615)	(124)	(146)	(91)

	Party ID			2020 Vote		Family Income (3 category)			Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	8%	11%	6%	6%	9%	6%	10%	5%	4%	7%	9%	8%	7%
2	11%	10%	11%	11%	13%	9%	14%	7%	10%	10%	11%	10%	11%
3	11%	10%	12%	12%	10%	12%	12%	6%	17%	11%	9%	13%	9%
4	14%	14%	13%	16%	13%	16%	15%	9%	15%	15%	11%	12%	20%
5	14%	15%	14%	15%	15%	15%	15%	17%	14%	18%	12%	15%	13%
6	22%	24%	22%	21%	24%	19%	19%	36%	16%	23%	29%	21%	17%
7	19%	17%	22%	20%	15%	23%	16%	21%	25%	16%	19%	20%	22%
Totals	99%	101%	100%	101%	99%	100%	101%	101%	101%	100%	100%	99%	99%
Unweighted N	(976)	(340)	(362)	(274)	(343)	(350)	(405)	(251)	(205)	(169)	(225)	(382)	(200)

# YouGov Survey: Daylight Savings Time

October 27 - November 2, 2023 - 1000 US Adult Citizens



## 7. Feelings about Daylight Saving Time

How do you feel about the end of Daylight Saving Time coming up?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
I'm looking forward to it	27%	28%	26%	30%	36%	21%	23%	23%	42%	36%	25%
I'm not looking forward to it	33%	26%	40%	26%	28%	34%	43%	37%	24%	25%	27%
I don't really care	32%	40%	24%	29%	27%	38%	30%	32%	24%	26%	47%
Not sure	9%	6%	11%	14%	9%	7%	5%	8%	11%	13%	1%
Totals	101%	100%	101%	99%	100%	100%	101%	100%	101%	100%	100%
Unweighted N	(1,000)	(449)	(551)	(144)	(222)	(376)	(258)	(633)	(126)	(147)	(94)

	Total	Party ID			2020 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
I'm looking forward to it	27%	30%	24%	27%	30%	23%	30%	21%	33%	31%	18%	28%	31%
I'm not looking forward to it	33%	31%	33%	36%	35%	38%	34%	38%	30%	29%	40%	35%	26%
I don't really care	32%	31%	33%	30%	29%	32%	28%	37%	31%	34%	36%	29%	31%
Not sure	9%	8%	10%	7%	6%	6%	8%	4%	7%	6%	6%	9%	12%
Totals	101%	100%	100%	100%	100%	99%	100%	100%	101%	100%	100%	101%	100%
Unweighted N	(1,000)	(345)	(373)	(282)	(347)	(360)	(418)	(256)	(207)	(172)	(230)	(393)	(205)

# YouGov Survey: Daylight Savings Time

October 27 - November 2, 2023 - 1000 US Adult Citizens



<b>Interviewing Dates</b>	October 27 - November 2, 2023
<b>Target population</b>	U.S. Citizens, aged 18 and over.
<b>Sampling method</b>	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 2019 American Community Survey.
<b>Weighting</b>	The sample was weighted according to gender, age, race, education, 2020 election turnout and Presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. Baseline party identification is the respondent's most recent answer given prior to November 1, 2022, and is weighted to the estimated distribution at that time (33% Democratic, 31% Republican). The weights range from 0.112 to 4.846, with a mean of one and a standard deviation of 0.682.
<b>Number of respondents</b>	1000
<b>Margin of error</b>	± 3.8% (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	70 questions not reported.