

Daily Survey: Daylight Savings Time



Sample 1000 U.S. Adult Citizens
Conducted March 16 - 20, 2022
Margin of Error ±3.5%

1. What time do you generally start your weekdays?

Before 5 a.m.	11%
Between 5 a.m. to 5:30 a.m.	10%
Between 5:30 a.m. to 6 a.m.	12%
Between 6 a.m. to 6:30 a.m.	12%
Between 6:30 a.m. to 7 a.m.	11%
Between 7 a.m. to 7:30 a.m.	11%
Between 7:30 a.m. to 8 a.m.	5%
Between 8 a.m. to 8:30 a.m.	5%
Between 8:30 a.m. to 9 a.m.	4%
After 9 a.m.	12%
Not sure	7%

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	64%
No, I would not	17%
Not sure	19%

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

Daylight Saving Time	72%
Permanent Standard Time	13%
My state does not change its clocks	3%
Not sure	12%

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 (stay "sprung forward" an hour for later sunset)	53%
Permanent Standard Time (stay "fallen back" for earlier sunrise)	32%
No preference	13%
Not sure	3%

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

When it is dark outside	23%
When it is light outside	38%
No preference	32%
Not sure	7%

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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.