

# YouGov Survey: Daylight Saving Time



Sample 1000 U.S. Adult Citizens  
Conducted March 6 - 9, 2023  
Margin of Error ±3.6%

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

Before 5 a.m.	7%
Between 5 a.m. to 5:30 a.m.	9%
Between 5:30 a.m. to 6 a.m.	10%
Between 6 a.m. to 6:30 a.m.	13%
Between 6:30 a.m. to 7 a.m.	11%
Between 7 a.m. to 7:30 a.m.	10%
Between 7:30 a.m. to 8 a.m.	8%
Between 8 a.m. to 8:30 a.m.	8%
Between 8:30 a.m. to 9 a.m.	7%
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	62%
No, I would not	21%
Not sure	17%

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

Daylight Saving Time	56%
Permanent Standard Time	26%
My state does not change its clocks	4%
Not sure	14%

## 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)	50%
Permanent Standard Time (earlier sunrises and sunsets)	31%
No preference	12%
Not sure	7%

## 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	52%
No preference	25%
Not sure	4%

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 best for the economy	8%	9%	11%	14%	13%	20%	26%
The option that is healthiest and most in line with human biological circadian rhythms	32%	17%	14%	13%	9%	9%	6%
The option that makes people sleep better	12%	18%	19%	18%	14%	12%	8%
The option that promotes safety at night, among people driving at night	11%	14%	14%	16%	21%	12%	13%
The option that promotes safety in the morning, among commuters and children going to school	21%	18%	16%	14%	12%	10%	8%
The option that puts you in a better mood	11%	14%	16%	14%	13%	14%	17%
The option that saves the most electricity	9%	11%	11%	12%	17%	21%	19%

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<b>Interviewing Dates</b>	March 6 - 9, 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 March 15, 2022, and is weighted to the estimated distribution at that time (33% Democratic, 28% Republican). The weights range from 0.258 to 6.502, with a mean of 1 and a standard deviation of 0.556.
<b>Number of respondents</b>	1000
<b>Margin of error</b>	± 3.6% (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	72 questions not reported.

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## 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.	7%	9%	5%	4%	7%	9%	7%	6%	8%	*	*
Between 5 a.m. to 5:30 a.m.	9%	13%	5%	8%	9%	13%	4%	9%	7%	*	*
Between 5:30 a.m. to 6 a.m.	10%	10%	10%	7%	12%	11%	10%	10%	10%	*	*
Between 6 a.m. to 6:30 a.m.	13%	12%	13%	12%	15%	13%	10%	13%	13%	*	*
Between 6:30 a.m. to 7 a.m.	11%	9%	12%	18%	12%	7%	8%	10%	9%	*	*
Between 7 a.m. to 7:30 a.m.	10%	11%	10%	11%	11%	9%	9%	10%	11%	*	*
Between 7:30 a.m. to 8 a.m.	8%	7%	8%	8%	5%	8%	11%	8%	7%	*	*
Between 8 a.m. to 8:30 a.m.	8%	6%	10%	6%	7%	8%	13%	9%	7%	*	*
Between 8:30 a.m. to 9 a.m.	7%	7%	8%	11%	6%	4%	9%	7%	6%	*	*
After 9 a.m.	13%	12%	15%	10%	12%	14%	17%	15%	15%	*	*
Not sure	3%	3%	4%	6%	4%	3%	1%	2%	7%	*	*
Totals	99%	99%	100%	101%	100%	99%	99%	99%	100%	*	*
Unweighted N	(990)	(454)	(536)	(199)	(235)	(319)	(237)	(731)	(121)	(62)	(76)

	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.	7%	5%	9%	7%	7%	7%	9%	5%	7%	9%	8%	5%	8%

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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.	9%	10%	6%	12%	7%	13%	9%	10%	11%	7%	9%	11%	8%
Between 5:30 a.m. to 6 a.m.	10%	11%	8%	12%	10%	10%	10%	9%	14%	11%	12%	8%	11%
Between 6 a.m. to 6:30 a.m.	13%	14%	9%	16%	15%	17%	11%	14%	16%	13%	11%	13%	13%
Between 6:30 a.m. to 7 a.m.	11%	9%	12%	10%	10%	10%	12%	10%	13%	12%	17%	9%	7%
Between 7 a.m. to 7:30 a.m.	10%	10%	10%	11%	9%	9%	9%	12%	9%	12%	11%	8%	11%
Between 7:30 a.m. to 8 a.m.	8%	7%	9%	9%	8%	8%	6%	8%	8%	6%	8%	9%	8%
Between 8 a.m. to 8:30 a.m.	8%	9%	9%	5%	10%	8%	8%	8%	7%	9%	5%	9%	10%
Between 8:30 a.m. to 9 a.m.	7%	8%	7%	7%	7%	6%	6%	9%	8%	6%	6%	8%	9%
After 9 a.m.	13%	13%	16%	11%	15%	11%	16%	15%	5%	13%	10%	16%	13%
Not sure	3%	3%	6%	1%	3%	1%	4%	0%	2%	3%	3%	4%	3%
Totals	99%	99%	101%	101%	101%	100%	100%	100%	100%	101%	100%	100%	101%
Unweighted N	(990)	(376)	(352)	(262)	(395)	(322)	(383)	(287)	(226)	(177)	(213)	(355)	(245)

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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	62%	63%	61%	50%	55%	63%	78%	65%	56%	*	*
No, I would not	21%	22%	20%	32%	28%	18%	10%	19%	24%	*	*
Not sure	17%	15%	18%	18%	17%	20%	11%	16%	20%	*	*
Totals	100%	100%	99%	100%	100%	101%	99%	100%	100%	*	*
Unweighted N	(987)	(451)	(536)	(197)	(234)	(319)	(237)	(730)	(119)	(62)	(76)

	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	62%	59%	60%	68%	66%	76%	56%	67%	64%	60%	63%	62%	62%
No, I would not	21%	25%	19%	21%	17%	15%	23%	20%	23%	25%	19%	20%	23%
Not sure	17%	16%	22%	11%	17%	9%	20%	12%	13%	15%	18%	18%	15%
Totals	100%	100%	101%	100%	100%	100%	99%	99%	100%	100%	100%	100%	100%
Unweighted N	(987)	(375)	(349)	(263)	(395)	(322)	(381)	(287)	(227)	(175)	(212)	(355)	(245)

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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	56%	51%	60%	47%	50%	62%	60%	54%	62%	*	*
Permanent Standard Time	26%	31%	21%	29%	26%	22%	28%	28%	20%	*	*
My state does not change its clocks	4%	4%	5%	7%	8%	2%	2%	5%	1%	*	*
Not sure	14%	14%	14%	17%	16%	14%	10%	12%	17%	*	*
Totals	100%	100%	100%	100%	100%	100%	100%	99%	100%	*	*
Unweighted N	(983)	(450)	(533)	(196)	(234)	(316)	(237)	(727)	(119)	(62)	(75)

	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	56%	55%	50%	63%	54%	57%	58%	60%	50%	50%	63%	62%	41%
Permanent Standard Time	26%	26%	24%	28%	30%	30%	20%	29%	34%	29%	25%	22%	32%
My state does not change its clocks	4%	6%	5%	2%	3%	4%	4%	4%	6%	4%	0%	4%	10%
Not sure	14%	13%	21%	7%	13%	8%	18%	8%	10%	17%	12%	13%	16%
Totals	100%	100%	100%	100%	100%	99%	100%	101%	100%	100%	100%	101%	99%
Unweighted N	(983)	(372)	(350)	(261)	(392)	(320)	(380)	(284)	(226)	(174)	(213)	(352)	(244)

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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 (later sunrises and sunsets)	50%	45%	54%	45%	43%	54%	52%	54%	*	*	*
Permanent Standard Time (earlier sunrises and sunsets)	31%	34%	28%	35%	36%	24%	34%	29%	*	*	*
No preference	12%	14%	11%	13%	7%	17%	10%	11%	*	*	*
Not sure	7%	7%	6%	7%	14%	5%	4%	5%	*	*	*
Totals	100%	100%	99%	100%	100%	100%	100%	99%	*	*	*
Unweighted N	(644)	(297)	(347)	(110)	(140)	(211)	(183)	(490)	(66)	(33)	(55)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Permanent Daylight Saving Time (later sunrises and sunsets)	50%	53%	42%	54%	49%	51%	49%	51%	53%	53%	52%	49%	45%
Permanent Standard Time (earlier sunrises and sunsets)	31%	31%	32%	30%	35%	31%	29%	30%	35%	21%	29%	35%	35%
No preference	12%	9%	16%	12%	10%	13%	13%	14%	9%	14%	15%	10%	12%
Not sure	7%	7%	9%	4%	7%	5%	9%	6%	3%	12%	4%	6%	7%
Totals	100%	100%	99%	100%	101%	100%	100%	101%	100%	100%	100%	100%	99%
Unweighted N	(644)	(236)	(227)	(181)	(267)	(244)	(236)	(197)	(152)	(110)	(140)	(233)	(161)



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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	19%	22%	17%	20%	23%	20%	14%	21%	12%	*	*
When it is light outside	52%	47%	57%	57%	55%	51%	46%	51%	62%	*	*
No preference	25%	27%	22%	14%	17%	27%	39%	26%	21%	*	*
Not sure	4%	4%	4%	9%	4%	3%	2%	3%	5%	*	*
Totals	100%	100%	100%	100%	99%	101%	101%	101%	100%	*	*
Unweighted N	(984)	(449)	(535)	(196)	(233)	(319)	(236)	(727)	(119)	(62)	(76)

	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	19%	19%	16%	24%	19%	23%	18%	20%	23%	24%	15%	20%	19%
When it is light outside	52%	57%	49%	50%	55%	49%	50%	56%	56%	52%	54%	49%	54%
No preference	25%	21%	27%	26%	25%	27%	25%	22%	20%	19%	29%	26%	22%
Not sure	4%	3%	8%	0%	1%	1%	6%	2%	1%	4%	3%	4%	5%
Totals	100%	100%	100%	100%	100%	100%	99%	100%	100%	99%	101%	99%	100%
Unweighted N	(984)	(374)	(349)	(261)	(394)	(321)	(381)	(284)	(227)	(176)	(212)	(354)	(242)

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## 6A. 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	8%	10%	6%	10%	10%	5%	8%	7%	8%	*	*
2	9%	10%	7%	11%	8%	9%	6%	9%	11%	*	*
3	11%	11%	11%	8%	13%	12%	11%	10%	12%	*	*
4	14%	16%	12%	15%	14%	9%	20%	15%	14%	*	*
5	13%	13%	13%	12%	14%	13%	14%	13%	12%	*	*
6	20%	18%	22%	13%	17%	24%	21%	20%	21%	*	*
7	26%	22%	29%	30%	25%	28%	19%	25%	21%	*	*
Totals	101%	100%	100%	99%	101%	100%	99%	99%	99%	*	*
Unweighted N	(939)	(428)	(511)	(188)	(217)	(307)	(227)	(691)	(117)	(57)	(74)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	8%	5%	7%	11%	5%	10%	9%	6%	7%	9%	5%	9%	7%
2	9%	10%	8%	7%	8%	9%	8%	10%	10%	8%	8%	8%	11%
3	11%	12%	10%	12%	12%	12%	12%	10%	11%	13%	11%	10%	13%
4	14%	12%	16%	13%	16%	12%	11%	16%	11%	18%	12%	15%	11%
5	13%	14%	12%	14%	13%	13%	12%	14%	15%	13%	15%	13%	12%
6	20%	20%	19%	21%	22%	21%	17%	23%	22%	16%	21%	22%	19%
7	26%	27%	27%	23%	25%	22%	31%	21%	24%	24%	29%	24%	27%
Totals	101%	100%	99%	101%	101%	99%	100%	100%	100%	101%	101%	101%	100%
Unweighted N	(939)	(359)	(328)	(252)	(383)	(302)	(364)	(272)	(219)	(171)	(202)	(335)	(231)

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## 6B. 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	32%	33%	32%	17%	35%	35%	37%	34%	16%	*	*
2	17%	17%	17%	17%	14%	17%	19%	18%	17%	*	*
3	14%	12%	16%	17%	15%	12%	14%	14%	12%	*	*
4	13%	13%	12%	18%	11%	14%	8%	11%	15%	*	*
5	9%	10%	8%	11%	10%	6%	10%	8%	17%	*	*
6	9%	9%	10%	13%	7%	11%	7%	9%	15%	*	*
7	6%	6%	6%	7%	7%	5%	5%	6%	8%	*	*
Totals	100%	100%	101%	100%	99%	100%	100%	100%	100%	*	*
Unweighted N	(944)	(430)	(514)	(187)	(218)	(311)	(228)	(695)	(115)	(60)	(74)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	32%	33%	32%	31%	36%	33%	31%	33%	33%	33%	30%	29%	40%
2	17%	13%	18%	20%	17%	21%	14%	19%	18%	21%	19%	18%	10%
3	14%	13%	15%	13%	13%	11%	15%	13%	14%	11%	14%	14%	15%
4	13%	14%	11%	14%	11%	14%	14%	12%	13%	11%	14%	14%	12%
5	9%	12%	7%	7%	10%	9%	8%	8%	11%	5%	9%	10%	8%
6	9%	10%	10%	8%	9%	7%	11%	8%	7%	11%	9%	9%	9%
7	6%	4%	7%	7%	5%	5%	7%	7%	5%	7%	5%	6%	6%
Totals	100%	99%	100%	100%	101%	100%	100%	100%	101%	99%	100%	100%	100%
Unweighted N	(944)	(361)	(331)	(252)	(386)	(304)	(365)	(272)	(222)	(171)	(205)	(335)	(233)

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## 6C. 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	12%	12%	12%	10%	15%	12%	9%	11%	17%	*	*
2	18%	18%	18%	15%	17%	21%	17%	19%	13%	*	*
3	19%	20%	17%	20%	18%	23%	13%	17%	23%	*	*
4	18%	19%	17%	20%	18%	17%	17%	17%	19%	*	*
5	14%	10%	17%	14%	14%	12%	15%	13%	13%	*	*
6	12%	12%	11%	13%	9%	8%	18%	13%	7%	*	*
7	8%	10%	7%	9%	9%	6%	10%	9%	8%	*	*
Totals	101%	101%	99%	101%	100%	99%	99%	99%	100%	*	*
Unweighted N	(941)	(427)	(514)	(187)	(216)	(311)	(227)	(693)	(115)	(59)	(74)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	12%	10%	12%	13%	10%	12%	12%	12%	11%	12%	10%	11%	13%
2	18%	20%	18%	16%	20%	16%	20%	16%	19%	13%	22%	17%	22%
3	19%	17%	21%	18%	21%	18%	18%	18%	18%	20%	19%	22%	12%
4	18%	18%	18%	18%	18%	19%	19%	20%	17%	18%	17%	18%	19%
5	14%	14%	14%	13%	14%	12%	15%	14%	10%	16%	13%	15%	11%
6	12%	14%	10%	11%	12%	13%	10%	12%	12%	12%	13%	11%	11%
7	8%	7%	8%	11%	5%	9%	6%	8%	12%	8%	6%	7%	12%
Totals	101%	100%	101%	100%	100%	99%	100%	100%	99%	99%	100%	101%	100%
Unweighted N	(941)	(359)	(330)	(252)	(385)	(303)	(364)	(269)	(222)	(171)	(204)	(335)	(231)

# YouGov Survey: Daylight Saving Time

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## 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	11%	11%	11%	15%	14%	8%	8%	9%	14%	*	*
2	14%	12%	15%	20%	11%	10%	17%	13%	20%	*	*
3	14%	14%	13%	10%	14%	11%	21%	15%	11%	*	*
4	16%	13%	18%	12%	16%	19%	13%	17%	10%	*	*
5	21%	22%	20%	25%	19%	23%	17%	21%	17%	*	*
6	12%	15%	9%	12%	13%	14%	9%	12%	15%	*	*
7	13%	13%	12%	6%	13%	15%	14%	13%	13%	*	*
Totals	101%	100%	98%	100%	100%	100%	99%	100%	100%	*	*
Unweighted N	(934)	(424)	(510)	(187)	(214)	(307)	(226)	(687)	(116)	(57)	(74)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	11%	14%	11%	6%	10%	7%	9%	11%	14%	10%	8%	13%	9%
2	14%	15%	12%	15%	13%	13%	13%	17%	12%	14%	14%	13%	14%
3	14%	14%	12%	16%	12%	16%	15%	13%	14%	9%	13%	16%	16%
4	16%	16%	18%	13%	16%	14%	16%	14%	14%	17%	17%	15%	14%
5	21%	18%	22%	24%	21%	22%	23%	20%	19%	26%	20%	19%	21%
6	12%	13%	11%	13%	14%	14%	12%	13%	14%	15%	13%	10%	13%
7	13%	12%	13%	13%	15%	14%	12%	13%	13%	9%	14%	13%	13%
Totals	101%	102%	99%	100%	101%	100%	100%	101%	100%	100%	99%	99%	100%
Unweighted N	(934)	(357)	(327)	(250)	(384)	(298)	(361)	(268)	(220)	(172)	(203)	(333)	(226)

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## 6E. 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	21%	18%	25%	26%	13%	22%	25%	21%	22%	*	*
2	18%	19%	18%	14%	25%	16%	19%	18%	17%	*	*
3	16%	16%	16%	15%	18%	16%	16%	16%	19%	*	*
4	14%	14%	14%	14%	13%	15%	13%	16%	16%	*	*
5	12%	13%	11%	13%	11%	13%	11%	13%	13%	*	*
6	10%	10%	10%	10%	10%	10%	10%	9%	9%	*	*
7	8%	10%	7%	9%	9%	9%	6%	8%	4%	*	*
Totals	99%	100%	101%	101%	99%	101%	100%	101%	100%	*	*
Unweighted N	(939)	(428)	(511)	(186)	(218)	(307)	(228)	(691)	(116)	(58)	(74)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	21%	20%	22%	23%	21%	20%	25%	21%	14%	16%	24%	24%	18%
2	18%	20%	18%	17%	18%	17%	22%	14%	19%	17%	18%	20%	18%
3	16%	17%	15%	17%	17%	19%	11%	21%	20%	19%	14%	16%	16%
4	14%	13%	13%	16%	13%	16%	14%	13%	15%	10%	17%	14%	15%
5	12%	13%	12%	11%	13%	10%	11%	12%	13%	16%	13%	8%	15%
6	10%	8%	13%	8%	11%	9%	9%	8%	11%	10%	8%	11%	10%
7	8%	9%	7%	9%	9%	9%	8%	9%	9%	12%	6%	8%	9%
Totals	99%	100%	100%	101%	102%	100%	100%	98%	101%	100%	100%	101%	101%
Unweighted N	(939)	(360)	(328)	(251)	(386)	(301)	(361)	(272)	(220)	(171)	(204)	(332)	(232)

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## 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%	10%	12%	15%	13%	10%	7%	12%	9%	*	*
2	14%	15%	14%	16%	14%	16%	12%	13%	15%	*	*
3	16%	16%	16%	19%	13%	18%	13%	16%	12%	*	*
4	14%	14%	14%	13%	15%	15%	12%	13%	19%	*	*
5	13%	14%	13%	12%	11%	13%	17%	13%	14%	*	*
6	14%	15%	14%	11%	20%	12%	14%	15%	16%	*	*
7	17%	16%	19%	14%	15%	15%	27%	17%	16%	*	*
Totals	99%	100%	102%	100%	101%	99%	102%	99%	101%	*	*
Unweighted N	(940)	(427)	(513)	(186)	(218)	(309)	(227)	(695)	(116)	(56)	(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
1	11%	11%	12%	10%	10%	10%	9%	9%	14%	14%	15%	8%	9%
2	14%	13%	15%	15%	14%	15%	12%	17%	15%	16%	14%	14%	14%
3	16%	15%	18%	14%	14%	15%	19%	14%	13%	12%	16%	15%	21%
4	14%	15%	12%	15%	13%	14%	13%	14%	15%	12%	11%	15%	16%
5	13%	11%	13%	15%	13%	14%	15%	13%	10%	14%	13%	13%	13%
6	14%	13%	13%	17%	14%	16%	14%	16%	15%	16%	12%	15%	14%
7	17%	21%	16%	14%	22%	16%	18%	17%	18%	17%	18%	20%	13%
Totals	99%	99%	99%	100%	100%	100%	100%	100%	100%	101%	99%	100%	100%
Unweighted N	(940)	(361)	(327)	(252)	(386)	(302)	(363)	(271)	(221)	(171)	(209)	(332)	(228)

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## 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	9%	10%	7%	10%	6%	10%	9%	8%	14%	*	*
2	11%	11%	12%	8%	13%	12%	12%	12%	7%	*	*
3	11%	11%	11%	13%	9%	10%	12%	12%	11%	*	*
4	12%	11%	12%	9%	12%	10%	15%	12%	9%	*	*
5	17%	17%	17%	11%	19%	19%	15%	19%	14%	*	*
6	21%	19%	23%	26%	21%	20%	19%	19%	16%	*	*
7	19%	20%	19%	23%	20%	19%	17%	19%	29%	*	*
Totals	100%	99%	101%	100%	100%	100%	99%	101%	100%	*	*
Unweighted N	(936)	(423)	(513)	(186)	(215)	(307)	(228)	(690)	(116)	(56)	(74)

	Party ID			2020 Vote		Family Income (3 category)			Census Region				
	Total	Dem	Ind	Rep	Biden	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
1	9%	10%	8%	8%	10%	9%	7%	10%	10%	7%	9%	9%	8%
2	11%	10%	12%	11%	12%	10%	13%	9%	9%	12%	7%	12%	13%
3	11%	12%	10%	10%	12%	11%	11%	11%	12%	15%	13%	9%	10%
4	12%	12%	11%	11%	13%	11%	12%	11%	13%	13%	11%	11%	13%
5	17%	16%	17%	16%	15%	18%	15%	18%	21%	10%	15%	20%	17%
6	21%	20%	21%	22%	18%	18%	24%	18%	18%	19%	24%	20%	22%
7	19%	18%	20%	21%	18%	22%	16%	23%	17%	23%	21%	19%	17%
Totals	100%	98%	99%	99%	98%	99%	98%	100%	100%	99%	100%	100%	100%
Unweighted N	(936)	(357)	(329)	(250)	(384)	(300)	(363)	(269)	(219)	(171)	(203)	(335)	(227)



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<b>Interviewing Dates</b>	March 6 - 9, 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 March 15, 2022, and is weighted to the estimated distribution at that time (33% Democratic, 28% Republican). The weights range from 0.258 to 6.502, with a mean of 1 and a standard deviation of 0.556.
<b>Number of respondents</b>	1000
<b>Margin of error</b>	± 3.6% (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	72 questions not reported.