



Daylight Savings
Fieldwork Dates: 1st - 4th March 2019

Conducted by YouGov
On behalf of YouGov Omnibus

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BACKGROUND

This spreadsheet contains survey data collected and analysed by YouGov plc. No information contained within this spreadsheet may be published without the consent of YouGov Plc and the client named on the front cover.

Methodology: This survey has been conducted using an online interview administered to members of the YouGov Plc panel of 1.2 million individuals who have agreed to take part in surveys. Emails are sent to panellists selected at random from the base sample. The e-mail invites them to take part in a survey and provides a generic survey link. Once a panel member clicks on the link they are sent to the survey that they are most required for, according to the sample definition and quotas. (The sample definition could be "US adult population" or a subset such as "US adult females"). Invitations to surveys don't expire and respondents can be sent to any available survey. The responding sample is weighted to the profile of the sample definition to provide a representative reporting sample. The profile is normally derived from census data or, if not available from the census, from industry accepted data.

YouGov plc make every effort to provide representative information. All results are based on a sample and are therefore subject to statistical errors normally associated with sample-based information.

For further information about the results in this spreadsheet, please contact YouGov Plc +1 888.729.0773 or email omnibus.us@yougov.com quoting the survey details

EDITOR'S NOTES - all press releases should contain the following information

All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 1288 adults. Fieldwork was undertaken between 1st - 4th March 2019. The survey was carried out online. The figures have been weighted and are representative of all US adults (aged 18+).

NOTE: All press releases or other publications must be checked by YouGov Plc before use. YouGov requires 48hours to check a press release unless otherwise agreed.

- YouGov is registered with the Information Commissioner
- YouGov is a member of the British Polling Council

Any percentages calculated on bases fewer than 50 respondents must not be reported as they do not represent a wide enough cross-section of the target population to be considered statistically reliable. These figures will be italicised.

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Daylight Savings

US_nat_internal Sample: 1st - 4th March 2019



Total	Gender		Generation							Region				
	Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
	A	B	C	D	E	F	G	H	I	J	K	L	M	N

AYD_q1. Does your area/territory observe Daylight Saving Time (setting clocks forward an hour in the spring and setting them back an hour in the fall)?

Unweighted base	1288	565	723	31	354	357	444	102	-	-	243	275	480	290	902
Base: All US Adults	1288	623	665	40	383	348	424	94	-	-	229	270	485	304	847
Yes, it does	88%	86%	89%	76%	78%	90%	95%	95%	-	-	93%	92%	88%	79%	92%
				**		D	D.E	D*	**	**	M	M	M	J.K.L	P.Q
No, it doesn't	5%	6%	5%	9%	8%	4%	4%	5%	-	-	2%	3%	4%	13%	5%
			**	**				*	**	**					
Don't know	7%	8%	6%	15%	14%	6%	1%	-	-	-	5%	5%	8%	7%	4%
			**	E.F.G	F.G			*	**	**					

AYD_q2. In spring, clocks are set forward by an hour (daylight lasts into the evenings, and people lose one hour of sleep) and in fall, they're set back an hour (it gets darker outside sooner in the evening, and people get one extra hour of sleep).

Which ONE, if either, do you prefer?

Unweighted base	1145	501	644	24	282	320	422	97	-	-	227	256	428	234	830
Base: All US Adults whose area/territory observes Daylight Saving Time	1131	539	592	30	298	312	402	89	-	-	214	249	427	241	775
When I lose an hour of sleep and daylight hours become longer	35%	33%	36%	49%	35%	32%	39%	24%	-	-	40%	36%	34%	31%	37%
			**	**		G	*	**	**	**					
When I get an extra hour of sleep and daylight hours become shorter	26%	24%	32%	23%	34%	33%	22%	18%	-	-	28%	27%	31%	23%	23%
			A	**	F.G	F.G	*	**	**	**					
I don't prefer one over the other	35%	40%	30%	18%	28%	32%	38%	57%	-	-	31%	35%	32%	42%	39%
		B	**	**		D	D.E.F*	**	**	**			J.L	O.P	
Don't know	3%	4%	2%	10%	3%	4%	2%	-	-	-	1%	2%	3%	4%	2%
		B	**	**			*	**	**	**				J	

AYD_q3. Which of the following would you prefer?

Unweighted base	1288	565	723	31	354	357	444	102	-	-	243	275	480	290	902
Base: All US Adults	1288	623	665	40	383	348	424	94	-	-	229	270	485	304	847
Clocks should continue to be changed twice a year to observe Daylight Saving Time	20%	19%	20%	18%	22%	16%	20%	21%	-	-	20%	21%	24%	12%	19%
			**	**			*	**	**	**	M	M	M		
Clocks should no longer be changed twice a year to observe Daylight Saving Time	51%	51%	50%	22%	42%	53%	57%	60%	-	-	47%	53%	46%	59%	57%
			**	**	D	D	D*	**	**	**				J.L	O.P
No preference either way	23%	24%	22%	45%	23%	25%	20%	18%	-	-	27%	21%	22%	24%	20%
			**	**			*	**	**	**					
Don't know	7%	6%	7%	15%	13%	5%	3%	1%	-	-	6%	5%	8%	6%	4%
			**	E.F.G			*	**	**	**					

AYD_q4. Would you support or oppose the US eliminating the observance of Daylight Saving Time in all states and territories?

Unweighted base	1288	565	723	31	354	357	444	102	-	-	243	275	480	290	902
Base: All US Adults	1288	623	665	40	383	348	424	94	-	-	229	270	485	304	847
Strongly support	38%	40%	36%	14%	29%	43%	42%	45%	-	-	36%	41%	34%	43%	42%
			**	**	D	D	D*	**	**	**				L	O
Somewhat support	16%	14%	17%	13%	15%	15%	17%	18%	-	-	13%	14%	18%	17%	17%
			**	**			*	**	**	**					
Neither support nor oppose	22%	24%	20%	36%	24%	22%	21%	16%	-	-	23%	24%	20%	23%	21%
			**	**			*	**	**	**					
Somewhat oppose	7%	5%	8%	12%	7%	5%	7%	8%	-	-	6%	7%	9%	4%	6%
			**	**			*	**	**	**			M		
Strongly oppose	8%	8%	8%	7%	8%	5%	10%	10%	-	-	9%	7%	9%	6%	7%
			**	**		E	*	**	**	**					Q

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Daylight Savings

US_nat_internal Sample: 1st - 4th March 2019



Total	Race			Education				Marital Status					Children unde	
	Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Separated	Divorced	Widowed	Never married	Domestic / civil partnership	Yes
	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB

AYD_q1. Does your area/territory observe Daylight Saving Time (setting clocks forward an hour in the spring and setting them back an hour in the fall)?

Unweighted base	1288	144	145	97	461	437	242	148	628	19	135	68	377	61	322
Base: All US Adults	1288	144	202	95	520	402	232	134	602	19	136	61	405	65	313
Yes, it does	88%	87%	77%	79%	85%	87%	92%	92%	91%	84%	92%	96%	81%	81%	89%
			*	*			R	R	Z.AA	**	Z	Z.AA*		*	
No, it doesn't	5%	7%	6%	8%	5%	6%	5%	7%	5%	5%	3%	2%	6%	12%	6%
			*	*					**	**	*	*		X*	
Don't know	7%	6%	16%	12%	9%	7%	4%	1%	4%	11%	5%	2%	12%	7%	5%
			N.O*	N*	T.U	U			**	**	*	*	V.X.Y	*	

AYD_q2. In spring, clocks are set forward by an hour (daylight lasts into the evenings, and people lose one hour of sleep) and in fall, they're set back an hour (it gets darker outside sooner in the evening, and people get one extra hour of sleep).

Which ONE, if either, do you prefer?

Unweighted base	1145	124	113	78	401	384	222	138	572	16	125	65	316	51	286
Base: All US Adults whose area/territory observes Daylight Saving Time	1131	125	156	75	444	351	213	124	548	16	126	58	330	53	277
When I lose an hour of sleep and daylight hours become longer	35%	29%	34%	27%	36%	33%	36%	32%	35%	28%	38%	28%	34%	40%	35%
			*	*					**	*	*	*		*	
When I get an extra hour of sleep and daylight hours become shorter	26%	37%	39%	42%	26%	28%	30%	30%	27%	38%	25%	25%	31%	25%	31%
		N	N*	N*					**	*	*	*		*	
I don't prefer one over the other	35%	27%	24%	29%	35%	35%	32%	38%	35%	34%	36%	47%	31%	35%	30%
		*	*	*					**	*	*	Z*		*	
Don't know	3%	7%	3%	2%	3%	3%	2%	-	3%	-	2%	-	4%	-	3%
		N	*	*		U			**	*	*	*		*	

AYD_q3. Which of the following would you prefer?

Unweighted base	1288	144	145	97	461	437	242	148	628	19	135	68	377	61	322
Base: All US Adults	1288	144	202	95	520	402	232	134	602	19	136	61	405	65	313
Clocks should continue to be changed twice a year to observe Daylight Saving Time	20%	31%	19%	12%	18%	23%	18%	21%	20%	24%	15%	19%	22%	15%	25%
		N.P.Q	*	*					**	*	*	*		*	AC
Clocks should no longer be changed twice a year to observe Daylight Saving Time	51%	30%	39%	51%	46%	49%	56%	61%	56%	46%	61%	52%	39%	47%	49%
			*	O*			R	R.S	Z	**	Z	Z*		*	
No preference either way	23%	30%	28%	26%	28%	22%	20%	15%	20%	23%	20%	29%	27%	28%	21%
		N	*	*	U				**	*	*	*	V	*	
Don't know	7%	8%	14%	10%	8%	6%	6%	2%	4%	7%	4%	-	12%	11%	5%
		N	N*	N*	U				**	**	*	*	V.X.Y	V.Y*	

AYD_q4. Would you support or oppose the US eliminating the observance of Daylight Saving Time in all states and territories?

Unweighted base	1288	144	145	97	461	437	242	148	628	19	135	68	377	61	322
Base: All US Adults	1288	144	202	95	520	402	232	134	602	19	136	61	405	65	313
Strongly support	38%	22%	34%	36%	36%	38%	41%	41%	44%	42%	43%	37%	29%	26%	37%
			*	O*					Z.AA	**	Z	*		*	
Somewhat support	16%	17%	12%	11%	12%	16%	19%	26%	18%	18%	18%	16%	13%	10%	17%
			*	*			R	R.S	**	**	*	*		*	
Neither support nor oppose	22%	27%	21%	31%	26%	21%	19%	14%	18%	23%	18%	23%	27%	33%	24%
			*	N*	U	U			**	**	*	*	V.X	V.X*	
Somewhat oppose	7%	8%	7%	6%	6%	7%	7%	9%	6%	9%	6%	4%	7%	10%	7%
			*	*					**	**	*	*		*	
Strongly oppose	8%	15%	9%	-	9%	8%	5%	8%	7%	-	5%	14%	10%	5%	7%
		N.Q	Q*	*					**	**	*	X*		*	

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US_nat_internal Sample: 1st - 4th March 2019



Total	r the age of 18						Income					Type of Area Lived in				Observes Daylight Saving		
	No	Under \$30k	\$30,000 to \$49,999	\$50,000 to \$99,999	\$100k+	Prefer not to say	Urban	Suburban/Town	Rural	Other	Yes, it does	No, it doesn't	Don't know					
	AC	AD	AE	AF	AG	AH	AI	AJ	AK	AL	AM	AN	AO					

AYD_q1. Does your area/territory observe Daylight Saving Time (setting clocks forward an hour in the spring and setting them back an hour in the fall)?

Unweighted base	1288	966	331	219	364	215	159	394	651	237	6	1145	67	76
Base: All US Adults	1288	975	344	232	345	203	165	415	642	225	7	1131	70	86
Yes, it does	88%	88%	83%	92%	90%	92%	81%	82%	91%	92%	61%	100%	-	-
				AD,AH	AD,AH	AD,AH			AI	AI	**	AN,AO	*	*
No, it doesn't	5%	5%	7%	4%	5%	6%	4%	6%	5%	4%	-	-	100%	-
											**		AM,AO*	*
Don't know	7%	7%	10%	4%	4%	2%	15%	12%	4%	4%	39%	-	-	100%
			AE,AF,AG				AE,AF,AG	AJ,AK			**		*	AM,AN*

AYD_q2. In spring, clocks are set forward by an hour (daylight lasts into the evenings, and people lose one hour of sleep) and in fall, they're set back an hour (it gets darker outside sooner in the evening, and people get one extra hour of sleep).

Which ONE, if either, do you prefer?

Unweighted base	1145	859	282	202	331	199	131	327	597	217	4	1145	-	-
Base: All US Adults whose area/territory observes Daylight Saving Time	1131	854	286	214	312	187	134	339	581	206	4	1131	-	-
When I lose an hour of sleep and daylight hours become longer	35%	35%	34%	33%	36%	38%	31%	33%	35%	38%	19%	35%	-	-
											**	**	**	**
When I get an extra hour of sleep and daylight hours become shorter	26%	27%	31%	24%	27%	27%	32%	28%	29%	24%	18%	28%	-	-
											**	**	**	**
I don't prefer one over the other	35%	36%	33%	41%	34%	34%	33%	35%	34%	35%	63%	35%	-	-
											**	**	**	**
Don't know	3%	2%	3%	2%	3%	1%	4%	3%	2%	3%	-	3%	-	-
											**	**	**	**

AYD_q3. Which of the following would you prefer?

Unweighted base	1288	966	331	219	364	215	159	394	651	237	6	1145	67	76
Base: All US Adults	1288	975	344	232	345	203	165	415	642	225	7	1131	70	86
Clocks should continue to be changed twice a year to observe Daylight Saving Time	20%	18%	23%	19%	19%	22%	13%	20%	19%	22%	23%	20%	26%	11%
			AH			AH					**		AO*	*
Clocks should no longer be changed twice a year to observe Daylight Saving Time	51%	51%	41%	49%	57%	62%	45%	44%	54%	55%	12%	54%	47%	8%
					AD,AH	AD,AE,AH			AI	AI	**	AO	AO*	*
No preference either way	23%	24%	26%	30%	19%	14%	28%	28%	21%	19%	40%	23%	19%	28%
			AF,AG	AF,AG			AF,AG	AJ,AK			**		*	*
Don't know	7%	7%	10%	2%	5%	2%	14%	9%	6%	4%	26%	3%	8%	53%
			AE,AF,AG				AE,AF,AG				**		AM*	AM,AN*

AYD_q4. Would you support or oppose the US eliminating the observance of Daylight Saving Time in all states and territories?

Unweighted base	1288	966	331	219	364	215	159	394	651	237	6	1145	67	76
Base: All US Adults	1288	975	344	232	345	203	165	415	642	225	7	1131	70	86
Strongly support	38%	38%	29%	40%	42%	48%	33%	35%	38%	43%	-	41%	19%	12%
			AD	AD	AD	AD,AH					**	AN,AO	*	*
Somewhat support	16%	16%	16%	18%	14%	19%	13%	16%	17%	14%	11%	16%	23%	7%
											**		AO*	*
Neither support nor oppose	22%	21%	24%	25%	22%	14%	24%	22%	22%	20%	40%	22%	31%	21%
			AG	AG	AG	AG					**		*	*
Somewhat oppose	7%	7%	7%	4%	8%	7%	6%	5%	7%	8%	11%	6%	12%	6%
											**		*	*
Strongly oppose	8%	8%	10%	9%	7%	8%	6%	8%	7%	10%	-	8%	9%	1%
											**	AO	AO*	*

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US_nat_internal Sample: 1st - 4th March 2019



	Total	Gender		Generation						Region					
		Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
Don't know	10%	9%	11%	17% **	17% E.F.G	11% F.G	3%	4% *	- **	- **	14% M	8%	11%	7%	7%
Net: Support	54%	54%	53%	27% **	44%	58% D	59% D	62% D*	- **	- **	49% M	55%	51%	60% J.L	59% O.P.Q
Net: Oppose	15%	13%	16%	19% **	15%	10% E	17% E	18% E*	- **	- **	15%	14%	18% M	10%	13%

AYD_q5. Which, if any, of the following do you believe are reasons why many places in the US observe Daylight Saving Time? Please select all that apply.

	Unweighted base	Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
	1288	565	723	31	354	357	444	102	-	-	243	275	480	290	902
Base: All US Adults	1288	623	665	40	383	348	22	94	-	-	229	270	485	304	847
To conserve energy	32%	32%	31%	23% **	27%	32%	35% D	37% D*	- **	- **	37% K	23%	33% K	34% K	30%
So people can make better use of the evening hours	28%	29%	27%	33% **	28%	22%	30% E	35% E*	- **	- **	26% M	24%	33% K.M	25%	29%
So farmers have more time to harvest/work	32%	29%	35%	20% **	29%	29%	37% D	39% *	- **	- **	31% M	34%	32% M	31%	35%
Because it's too complicated to stop observing it at this point	22%	20%	23%	19% **	32% E.F.G	20%	15%	16% *	- **	- **	23% M	19%	22% M	22%	23%
For other economic reasons	13%	15%	12%	14% **	10%	12%	16% D	19% D*	- **	- **	14% M	11%	16% M	11%	14%
Other	6%	8% B	4%	5% **	3%	7% D	8% D	5% *	- **	- **	4% M	7%	6% M	6% M	7% P
Don't know	21%	22%	21%	32% **	25% F.G	22%	18%	15% *	- **	- **	22% M	25%	20% M	20%	19%

Cell Contents (Column Percentages, Statistical Test Results), Statistics (Column Proportions, (95%): A/B, C/D/E/F/G/H/I, J/K/L/M, N/O/P/Q, R/S/T/U, V/W/X/Y/Z/AA, AB/AC, AD/AE/AF/AG/AH, AI/AJ/AK/AL, AM/AN/AO, Minimum Base: 30 (**), Small Base: 100 (*)

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Daylight Savings

US_nat_internal Sample: 1st - 4th March 2019



	Total	Race			Education				Marital Status					Children unde	
		Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Separated	Divorced	Widowed	Never married	Domestic / civil partnership	Yes
Don't know	10%	11%	18%	13%	12%	10%	10%	2%	7%	11%	10%	6%	14%	15%	8%
			N*	N*	U	U	U			**	*	V	V*		
Net: Support	54%	39%	46%	47%	48%	54%	59%	67%	62%	57%	60%	53%	42%	36%	54%
			*	*			R	R.S	Z.AA	**	Z.AA	*	*	*	
Net: Oppose	15%	23%	16%	8%	15%	15%	12%	17%	13%	9%	12%	19%	17%	16%	14%
		N.Q	*	*						**	*	*	*	*	

AYD_q5. Which, if any, of the following do you believe are reasons why many places in the US observe Daylight Saving Time? Please select all that apply.

Unweighted base	1288	144	145	97	461	437	242	148	628	19	135	68	377	61	322
Base: All US Adults	1288	144	202	95	520	402	232	134	602	19	136	61	405	65	313
To conserve energy	32%	36%	39%	23%	33%	29%	31%	36%	35%	34%	36%	33%	23%	40%	37%
		Q	Q*	*				Z	**	Z	*	*	Z*	AC	
So people can make better use of the evening hours	28%	31%	20%	25%	24%	29%	31%	32%	27%	29%	25%	31%	31%	19%	29%
			*	*				**	**	*	*	*	*	*	*
So farmers have more time to harvest/work	32%	29%	25%	27%	31%	34%	30%	33%	34%	28%	37%	38%	28%	30%	31%
			*	*				**	**	*	*	*	*	*	*
Because it's too complicated to stop observing it at this point	22%	24%	16%	17%	15%	22%	30%	33%	20%	24%	17%	19%	26%	23%	24%
			*	*		R	R.S	R.S		**	*	V	*	*	
For other economic reasons	13%	17%	9%	10%	12%	12%	17%	18%	12%	14%	13%	21%	16%	10%	10%
			*	*				**	**	**	V*	*	*	*	*
Other	6%	3%	1%	7%	4%	7%	6%	11%	6%	-	7%	4%	6%	4%	4%
			*	P*				R		**	*	*	*	*	*
Don't know	21%	23%	29%	26%	28%	21%	18%	4%	18%	27%	20%	19%	27%	20%	19%
			N*	*	S.T.U	U	U		**	**	*	V	*	*	

Cell Contents (Col

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US_nat_internal Sample: 1st - 4th March 2019



	Total	r the age of 18		Income			Type of Area Lived in				Observes Daylight Saving			
		No	Under \$30k	\$30,000 to \$49,999	\$50,000 to \$99,999	\$100k+	Prefer not to say	Urban	Suburban/Town	Rural	Other	Yes, it does	No, it doesn't	Don't know
Don't know	10%	10%	14%	4%	7%	5%	20%	14%	9%	6%	38%	7%	5%	54%
			AE.AF.AG				AE.AF.AG	AJ.AK			**		*	AM.AN*
Net: Support	54%	53%	45%	58%	56%	67%	45%	51%	55%	57%	11%	57%	43%	19%
			AD.AH	AD.AH	AD.AH	AD.AF.AH					**	AN.AO	AO*	*
Net: Oppose	15%	15%	17%	13%	15%	14%	11%	13%	15%	18%	11%	15%	21%	7%
											**		AO*	*

AYD_q5. Which, if any, of the following do you believe are reasons why many places in the US observe Daylight Saving Time? Please select all that apply.

	Unweighted base													
	1288	966	331	219	364	215	159	394	651	237	6	1145	67	76
Base: All US Adults	1288	975	344	232	345	203	165	415	642	225	7	1131	70	86
To conserve energy	32%	30%	30%	34%	34%	34%	24%	37%	31%	24%	23%	33%	28%	15%
					AH	AH		AK			**	AO	*	*
So people can make better use of the evening hours	28%	27%	25%	25%	27%	37%	28%	29%	26%	32%	50%	29%	31%	16%
						AD.AE.AF					**	AO	*	*
So farmers have more time to harvest/work	32%	33%	31%	31%	36%	30%	32%	27%	32%	41%	50%	34%	30%	4%
										AI.AJ	**	AO	AO*	*
Because it's too complicated to stop observing it at this point	22%	21%	18%	19%	24%	30%	18%	22%	23%	18%	11%	23%	24%	6%
						AD.AE.AH					**	AO	AO*	*
For other economic reasons	13%	14%	12%	14%	12%	15%	15%	14%	13%	12%	11%	15%	8%	2%
											**	AO	*	*
Other	6%	7%	4%	4%	7%	8%	6%	7%	5%	6%	-	7%	2%	-
											**	AO	*	*
Don't know	21%	22%	27%	18%	17%	13%	33%	22%	21%	18%	50%	18%	10%	68%
			AF.AG				AE.AF.AG				**		*	AM.AN*

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