



Daylight Saving Time: Americans want to stay permanently ‘sprung forward’ and not ‘fall back’

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[Politics & current affairs](#)

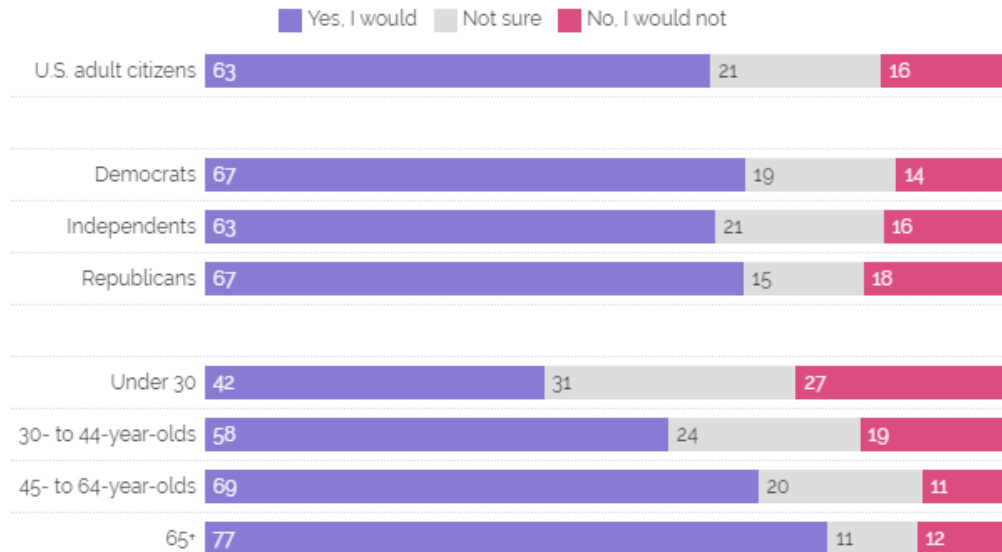
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Polled days before the annual ritual of ending Daylight Saving Time by changing their clocks, Americans say they would much rather have one time that lasts all year long, one that doesn't require changing all clocks twice a year. The latest [Economist/YouGov Poll](#) finds that nearly four times as many Americans would end the practice of setting clocks ahead in the spring and back again in the fall.

This preference is a rare one that transcends politics: Democrats and Republicans agree. Older and younger adults agree, too, but the margin in favor of ending clock changing is much smaller among Americans under the age of 30 — who have experienced the yearly ritual fewer times than their elders — than it is among Americans 65 and older, 77% of whom want to avoid changing time.

By 63% to 16%, Americans want to eliminate the changing of the clocks

Would you like to see the changing of the clocks eliminated, so people no longer change their clocks twice per year? (%)



YouGov

The Economist / YouGov | October 30 - November 2, 2021 | [Get the data](#)

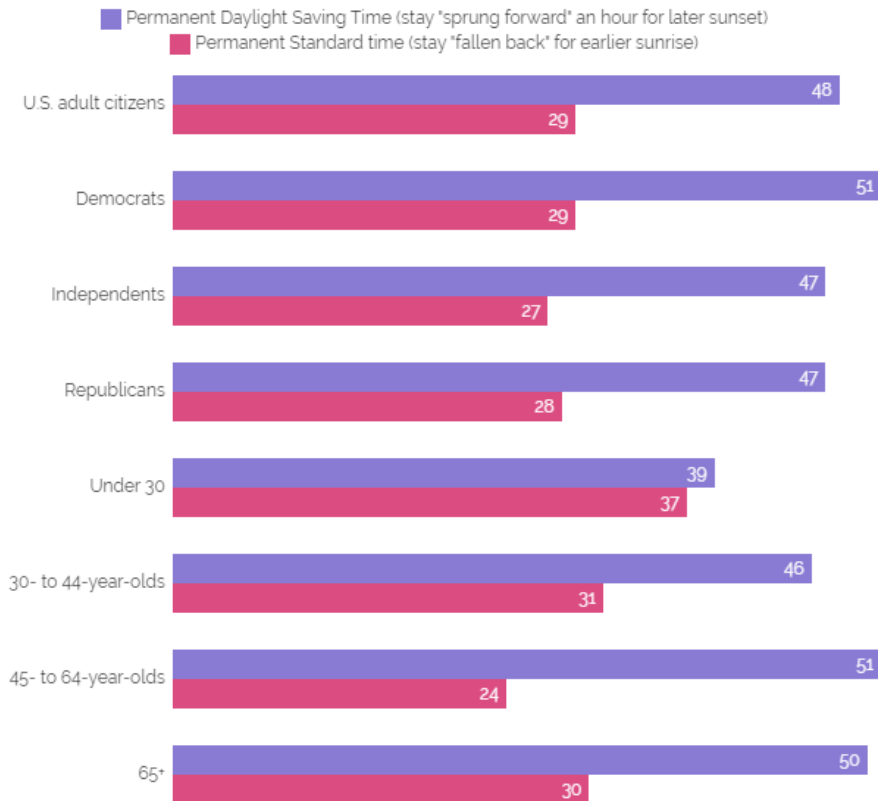
While Americans would prefer one time for the whole year and not worry about keeping their clocks in order, if there is going to be only one time for the U.S, which one should it be?

Nearly twice as many Americans who prefer not changing their clocks would prefer that Daylight Saving time – not Standard Time – be the one that is kept.

Again, which time one picks isn't a matter of politics. Instead, it appears age matters more. Adults under the age of 30 are closely divided on whether they want sunlight later into evening (which happens with Daylight Saving Time) or in the morning. Older adults have a clear preference for Daylight Saving Time. So do people from every region.

Americans want permanent Daylight Saving Time, which would mean staying 'sprung forward' for a later sunset

You indicated that you would like to eliminate Daylight Saving Time. Which time would you like to make permanent? (% of those who want to eliminate Daylight Saving Time)



YouGov

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At least some of Americans' stated preference to eliminate changing times may stem from the inconvenience and abruptness of the transition between times, which they could feel more strongly when asked about it near clock-changing times. Many Americans say they dread the forthcoming transition from Daylight Saving Time. Asked about its end this Saturday, 34% of Americans say that they are not looking forward to it, 21% say they are looking forward to it, and 38% say they don't really care.

See the [toplines](#) and [crosstabs](#) from this [Economist/YouGov Poll](#)

Methodology: *The Economist survey was conducted by YouGov using a nationally representative sample of 1,500 U.S. adult citizens interviewed online between October 30 and November 2, 2021. This sample was weighted according to gender, age, race, and education based on the 2018*

American Community Survey, conducted by the U.S. Census Bureau, as well as 2016 and 2020 Presidential votes (or non-votes). Respondents were selected from YouGov's opt-in panel to be representative of all U.S. citizens. The margin of error is approximately 3% for the overall sample.

Image: Getty

32. Feelings about Daylight Saving Time

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

	Total	Gender		White Men		White Women		Race	
		Male	Female	No degree	College Grad	No degree	College Grad	Black	Hispanic
I'm looking forward to it	21%	20%	21%	16%	20%	17%	27%	20%	25%
I'm not looking forward to it	34%	29%	39%	27%	37%	44%	45%	27%	23%
I don't really care	38%	46%	30%	52%	43%	30%	26%	40%	38%
Not sure	8%	4%	11%	5%	0%	9%	2%	12%	14%
Totals	101%	99%	101%	100%	100%	100%	100%	99%	100%
Unweighted N	(1,499)	(717)	(782)	(335)	(195)	(358)	(209)	(172)	(118)

	Total	Age				Income			Region			
		18-29	30-44	45-64	65+	Under \$50K	\$50-100K	\$100K or more	Northeast	Midwest	South	West
I'm looking forward to it	21%	28%	19%	18%	20%	20%	22%	22%	18%	15%	21%	27%
I'm not looking forward to it	34%	24%	32%	36%	42%	32%	38%	36%	35%	41%	35%	26%
I don't really care	38%	35%	40%	41%	33%	38%	37%	36%	40%	38%	36%	39%
Not sure	8%	14%	10%	5%	5%	10%	3%	5%	8%	7%	8%	8%
Totals	101%	101%	101%	100%	100%	100%	100%	99%	101%	101%	100%	100%
Unweighted N	(1,499)	(163)	(382)	(592)	(362)	(602)	(408)	(311)	(272)	(322)	(578)	(327)

The Economist/YouGov Poll
 October 30 - November 2, 2021 - 1500 U.S. Adult Citizens



	Total	Registered	2020 Vote		Party ID			Ideology			Urban/Rural		
		Voters	Biden	Trump	Dem	Rep	Ind	Lib	Mod	Con	Urban	Suburb	Rural/Other
I'm looking forward to it	21%	20%	21%	19%	23%	22%	20%	23%	21%	21%	20%	18%	23%
I'm not looking forward to it	34%	36%	41%	37%	40%	36%	32%	37%	34%	35%	29%	37%	35%
I don't really care	38%	38%	33%	42%	29%	40%	44%	34%	39%	39%	40%	39%	35%
Not sure	8%	6%	6%	2%	8%	2%	4%	6%	5%	6%	11%	6%	7%
Totals	101%	100%	101%	100%	100%	100%	100%	100%	99%	101%	100%	100%	100%
Unweighted N	(1,499)	(1,302)	(604)	(545)	(515)	(384)	(439)	(424)	(457)	(486)	(415)	(558)	(526)

33. Daylight Saving All Year

Would you like to see Daylight Saving Time extended to all year round, or not?

	Total	Gender		White Men		White Women		Race	
		Male	Female	No degree	College Grad	No degree	College Grad	Black	Hispanic
Yes, I would	41%	41%	42%	37%	53%	43%	51%	32%	36%
No, I would not	27%	30%	24%	31%	31%	20%	27%	29%	25%
Not sure	32%	29%	35%	33%	16%	37%	22%	39%	39%
Totals	100%	100%	101%	101%	100%	100%	100%	100%	100%
Unweighted N	(1,499)	(716)	(783)	(334)	(195)	(358)	(209)	(172)	(118)

	Total	Age				Income			Region			
		18-29	30-44	45-64	65+	Under \$50K	\$50-100K	\$100K or more	Northeast	Midwest	South	West
Yes, I would	41%	30%	35%	44%	54%	36%	46%	50%	42%	40%	40%	44%
No, I would not	27%	27%	29%	26%	25%	28%	26%	29%	23%	31%	28%	23%
Not sure	32%	43%	36%	30%	20%	36%	28%	21%	34%	29%	31%	33%
Totals	100%	100%	100%	100%	99%	100%	100%	100%	99%	100%	99%	100%
Unweighted N	(1,499)	(163)	(382)	(592)	(362)	(602)	(407)	(311)	(272)	(323)	(577)	(327)

The Economist/YouGov Poll
 October 30 - November 2, 2021 - 1500 U.S. Adult Citizens



	Total	Registered	2020 Vote		Party ID			Ideology			Urban/Rural		
		Voters	Biden	Trump	Dem	Rep	Ind	Lib	Mod	Con	Urban	Suburb	Rural/Other
Yes, I would	41%	46%	52%	47%	48%	45%	42%	45%	42%	47%	33%	47%	43%
No, I would not	27%	27%	24%	29%	23%	30%	28%	23%	28%	29%	29%	25%	26%
Not sure	32%	27%	24%	24%	28%	25%	30%	31%	30%	23%	38%	28%	31%
Totals	100%	100%	100%	100%	99%	100%	100%	99%	100%	99%	100%	100%	100%
Unweighted N	(1,499)	(1,302)	(604)	(544)	(515)	(383)	(440)	(424)	(458)	(485)	(415)	(559)	(525)

34. 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?

	Total	Gender		White Men		White Women		Race	
		Male	Female	No degree	College Grad	No degree	College Grad	Black	Hispanic
Yes, I would	63%	62%	63%	65%	73%	66%	75%	51%	50%
No, I would not	16%	19%	13%	15%	17%	10%	11%	16%	31%
Not sure	21%	19%	23%	21%	10%	25%	13%	33%	19%
Totals	100%	100%	99%	101%	100%	101%	99%	100%	100%
Unweighted N	(1,491)	(713)	(778)	(335)	(193)	(358)	(207)	(169)	(117)

	Total	Age				Income			Region			
		18-29	30-44	45-64	65+	Under \$50K	\$50-100K	\$100K or more	Northeast	Midwest	South	West
Yes, I would	63%	42%	57%	69%	77%	60%	66%	68%	65%	65%	58%	67%
No, I would not	16%	27%	19%	11%	12%	16%	19%	14%	14%	16%	18%	15%
Not sure	21%	31%	24%	20%	11%	24%	15%	19%	21%	19%	24%	19%
Totals	100%	100%	100%	100%	100%	100%	100%	101%	100%	100%	100%	101%
Unweighted N	(1,491)	(163)	(380)	(589)	(359)	(599)	(404)	(310)	(270)	(322)	(574)	(325)

The Economist/YouGov Poll
 October 30 - November 2, 2021 - 1500 U.S. Adult Citizens



	Total	Registered	2020 Vote		Party ID			Ideology			Urban/Rural		
		Voters	Biden	Trump	Dem	Rep	Ind	Lib	Mod	Con	Urban	Suburb	Rural/Other
Yes, I would	63%	66%	71%	72%	67%	67%	63%	70%	62%	68%	58%	66%	63%
No, I would not	16%	15%	12%	14%	14%	18%	16%	12%	17%	16%	20%	15%	14%
Not sure	21%	18%	17%	14%	19%	15%	21%	18%	21%	16%	22%	19%	23%
Totals	100%	99%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,491)	(1,295)	(600)	(543)	(512)	(382)	(438)	(423)	(455)	(483)	(411)	(556)	(524)

The Economist/YouGov Poll
 October 30 - November 2, 2021 - 1500 U.S. Adult Citizens



35. Preferred Time Setting

You indicated that you would like to eliminate Daylight Saving Time. Which time would you like to make permanent?

Asked of those who want to eliminate Daylight Saving Time

	Total	Gender		White Men		White Women		Race	
		Male	Female	No degree	College Grad	No degree	College Grad	Black	Hispanic
Permanent Daylight Saving Time (stay "sprung forward" an hour for later sunset)	48%	47%	49%	45%	58%	51%	51%	40%	34%
Permanent Standard time (stay "fallen back" for earlier sunrise)	29%	29%	28%	27%	26%	27%	25%	34%	39%
No preference	21%	22%	20%	26%	15%	18%	22%	22%	25%
Not sure	3%	2%	4%	2%	1%	5%	2%	4%	2%
Totals	101%	100%	101%	100%	100%	101%	100%	100%	100%
Unweighted N	(1,000)	(478)	(522)	(228)	(143)	(242)	(156)	(94)	(71)

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October 30 - November 2, 2021 - 1500 U.S. Adult Citizens



	Total	Age				Income			Region			
		18-29	30-44	45-64	65+	Under \$50K	\$50-100K	\$100K or more	Northeast	Midwest	South	West
Permanent Daylight Saving Time (stay "sprung forward" an hour for later sunset)	48%	39%	46%	51%	50%	45%	52%	53%	50%	45%	49%	47%
Permanent Standard time (stay "fallen back" for earlier sunrise)	29%	37%	31%	24%	30%	31%	26%	27%	24%	26%	30%	33%
No preference	21%	23%	21%	22%	18%	21%	20%	18%	23%	27%	18%	17%
Not sure	3%	1%	3%	3%	3%	3%	2%	2%	4%	2%	3%	3%
Totals	101%	100%	101%	100%	101%	100%	100%	100%	101%	100%	100%	100%
Unweighted N	(1,000)	(74)	(231)	(412)	(283)	(378)	(283)	(224)	(179)	(212)	(364)	(245)

	Total	Registered	2020 Vote		Party ID			Ideology			Urban/Rural		
		Voters	Biden	Trump	Dem	Rep	Ind	Lib	Mod	Con	Urban	Suburb	Rural/Other
Permanent Daylight Saving Time (stay "sprung forward" an hour for later sunset)	48%	50%	54%	46%	51%	47%	47%	51%	47%	48%	42%	53%	47%
Permanent Standard time (stay "fallen back" for earlier sunrise)	29%	28%	26%	29%	29%	28%	27%	28%	29%	29%	35%	21%	31%
No preference	21%	20%	16%	23%	16%	23%	25%	18%	21%	20%	17%	23%	21%
Not sure	3%	3%	4%	1%	3%	2%	1%	3%	2%	2%	5%	2%	2%
Totals	101%	101%	100%	99%	99%	100%	100%	100%	99%	99%	99%	99%	101%
Unweighted N	(1,000)	(904)	(430)	(394)	(359)	(260)	(298)	(304)	(296)	(346)	(264)	(382)	(354)