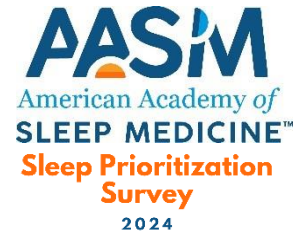


AASM Sleep Prioritization Survey

Daylight Saving Time - Legislation



Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,006 adults throughout the United States. The margin of error for the overall sample is +/- 2 percentage points with a confidence level of 95 percent. Fieldwork took place between May 16 and May 24, 2024, by Atomik Research, an independent market research agency.

Question

Do you support legislation that would eliminate seasonal time changes?

Results

- Half (50%) of people support legislation that would eliminate seasonal time changes.

Overall Results

Total	2,006
Yes	1,013 (50%)
No	516 (26%)
I don't know	477 (24%)

One-fourth (26%) of people do not support legislation that would eliminate seasonal time changes.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Yes	550 (55%)	461 (46%)	1 (100%)	1 (50%)
No	275 (27%)	241 (24%)	0 (0%)	0 (0%)
I don't know	177 (18%)	299 (30%)	0 (0%)	1 (50%)

Men (55%) are most likely to support legislation that would eliminate seasonal time changes.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Yes	79 (34%)	168 (44%)	170 (47%)	196 (54%)	194 (55%)	206 (65%)
No	81 (35%)	116 (30%)	95 (26%)	91 (25%)	76 (22%)	57 (18%)
I don't know	74 (32%)	98 (26%)	95 (26%)	73 (20%)	81 (23%)	56 (18%)

People ages 45-54 (54%) and 55-64 (55%) are almost equally likely to support legislation that would eliminate seasonal time changes.

Results by Generation

	Gen Z (18-27)	Millennial (28-43)	Gen X (44-59)	Baby Boomer (60-78)	Silent Generation (79+)
Total	313	637	572	452	32
Yes	105 (34%)	297 (47%)	319 (56%)	272 (60%)	20 (63%)
No	105 (34%)	182 (29%)	137 (24%)	87 (19%)	5 (16%)
I don't know	103 (33%)	158 (25%)	116 (20%)	93 (21%)	7 (22%)

Baby Boomers (60%) and the Silent Generation (63%) are most likely to support legislation that would eliminate seasonal time changes.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Yes	174 (50%)	202 (47%)	377 (49%)	260 (57%)
No	83 (24%)	111 (26%)	212 (27%)	110 (24%)
I don't know	91 (26%)	114 (27%)	187 (24%)	85 (19%)

People in the West (57%) are most likely to support legislation that would eliminate seasonal time changes.

About the American Academy of Sleep Medicine

Established in 1975, the AASM advances sleep care and enhances sleep health to improve lives. The AASM has a combined membership of 12,000 accredited sleep centers and individuals, including physicians, scientists and other health care professionals who care for patients with sleep disorders. As the leader in the sleep field, the AASM sets standards and promotes excellence in sleep medicine health care, education and research (aasm.org).