



## TOPLINE & METHODOLOGY

### Over two-thirds of Americans support ending the practice of Daylight Savings Time

#### One-third of Americans enjoy pumpkin pie during Thanksgiving

**Washington, DC, November 10, 2021** – A recent Ipsos poll finds that over two-thirds of Americans support ending the practice of Daylight Savings Time. A slight majority of Americans report excellent or good sleep over the past month, but one in ten reported poor quality of sleep over that time. Men report better sleep than women. Over three quarters of Americans sleep between six and eight hours daily. Mashed potatoes is the most popular Thanksgiving side dish and pumpkin is the most popular type of Thanksgiving pie.

#### Detailed Findings

1. A strong majority of Americans support ending the practice of Daylight Savings Time (69%). Of the Americans who oppose ending the practice of Daylight Savings Time (31%), 12% strongly oppose ending the practice, while 19% say they are somewhat opposed to it.
2. More than half (52%) of Americans report the quality of their sleep in the last month to be excellent or good while the other half reports their sleep to be fair or poor (48%). More men report having better sleep (56%) than women (48%). Most respondents' quality of sleep was good (44%) or fair (36%) in the last month.
  - In a 24-hour period, most Americans (79%) report they get anywhere from 6 to 8 hours of sleep. This group is distributed fairly evenly across six hours (23%), seven hours (32%), and eight hours (24%) of sleep per 24 hour period.
3. Mashed potatoes are the most popular Thanksgiving side dish (77%) and are eaten most frequently by those in the Midwest (83%), North East (82%), and West (82%) with people in the South eating them least often (70%). People in the North East enjoy cranberry sauce (59%) more often than other regions, while Midwesterners serve dinner rolls/bread (79%) with their Thanksgiving meal more than other regions. Southerners serve both sweet potato casserole and macaroni and cheese significantly more than Americans from any other region.
4. Pumpkin pie is the most enjoyed holiday pie nationally (34%), and is especially favored by those in the West (43%) and Midwest (39%). Apple pie (19%) and pecan pie (17%) are the next most popular. Apple pie is most popular in the North East (32%). Pecan pie is most enjoyed in the South (23%).

*These are the findings of an Ipsos poll conducted between November 05-08, 2021. For this study, a sample of 1,020 adults age 18+ from the continental U.S., Alaska, and Hawaii was interviewed online in English. The poll has a margin of error of plus or minus 3.4 percentage points for all respondents.*





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### Ipsos Poll

Conducted by Ipsos using KnowledgePanel®  
**A survey of the American general population (ages 18+)**

*Interview dates: November 05 – November 08, 2021*

*Number of interviews: 1,020*

*Number of Male interviews: 521*

*Number of Female interviews: 499*

*Number of North East interviews: 173*

*Number of Midwest interviews: 207*

*Number of South interviews: 381*

*Number of West interviews: 239*

*Margin of error: +/- 3.4 percentage points at the 95% confidence level*

*NOTE: All results show percentages among all respondents, unless otherwise labeled. Reduced bases are unweighted values.*

*NOTE: \* = less than 0.5%, - = no respondents*

#### Annotated Questionnaire:

1. How much do you support or oppose ending the practice of Daylight Savings Time?

	<b>Total (N=1,020)</b>	<b>Male (N=521)</b>	<b>Female (N=499)</b>
Strongly support	38%	39%	37%
Somewhat support	31%	28%	33%
Somewhat oppose	19%	21%	17%
Strongly oppose	12%	12%	12%
Refused	1%	1%	1%
Strongly/Somewhat support (Net)	69%	67%	70%
Strongly/Somewhat oppose (Net)	31%	32%	29%

2. On average, how would you rate the quality of your sleep in the last month?

	<b>Total</b>	<b>Male</b>	<b>Female</b>
Excellent	8%	10%	7%
Good	44%	46%	42%
Fair	36%	34%	39%
Poor	11%	10%	13%
Refused	*	*	-
Excellent/Good (Net)	52%	56%	48%
Fair/Poor (Net)	48%	44%	52%



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3. On average, how many hours of sleep do you get in a 24 hour period?

	Total	Male	Female
2	*	*	*
3	*	*	*
4	2%	2%	2%
5	8%	8%	9%
6	23%	23%	23%
7	32%	33%	32%
8	24%	23%	25%
9	5%	5%	4%
10	3%	3%	3%
11	*	*	-
12	1%	1%	1%
14	*	-	*
15	*	-	1%
16	*	-	1%
Refused	2%	2%	1%

4. Which of the following traditional Thanksgiving side dishes do you eat during the Thanksgiving meal? Select all that apply.

	Total (N=1,020)	North East (N=173)	Midwest (N=207)	South (N=381)	West (N=239)
Mashed potatoes	77%	82%	83%	70%	82%
Stuffing/dressing	76%	79%	77%	75%	73%
Dinner rolls/bread	71%	67%	79%	71%	66%
Gravy	70%	71%	73%	65%	73%
Cranberry sauce	51%	58%	46%	48%	54%
Green bean casserole	40%	25%	46%	42%	41%
Sweet potato casserole	33%	28%	30%	39%	30%
Roasted vegetables	32%	42%	27%	27%	39%
Macaroni and cheese	28%	19%	22%	40%	20%
Traditional dinner salad	22%	25%	18%	16%	30%
Other	12%	11%	12%	11%	13%
I don't celebrate Thanksgiving	5%	6%	4%	5%	6%
Refused	-	-	-	-	-



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5. Which of the following Thanksgiving holiday pies is your favorite? Choose one.

	<b>Total</b>	<b>North East</b>	<b>Midwest</b>	<b>South</b>	<b>West</b>
Pumpkin pie	34%	29%	39%	27%	43%
Apple pie	19%	32%	17%	13%	22%
Pecan pie	17%	11%	14%	23%	14%
Sweet potato pie	10%	9%	8%	14%	5%
Chocolate pie	7%	5%	9%	8%	4%
Cherry pie	4%	4%	6%	4%	5%
Other	3%	5%	2%	5%	1%
None	6%	5%	7%	7%	6%
Refused	*	-	*	1%	-



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### About the Study

This Ipsos poll was conducted November 05 – 08, 2021, by Ipsos using the probability-based KnowledgePanel®. This poll is based on a nationally representative probability sample of 1,020 general population adults age 18 or older. The sample includes 521 Males and 499 Females. The sample includes 173 respondents from the North East, 207 respondents from the Midwest, 381 respondents from the South, and 239 respondents from the West.

The margin of sampling error is plus or minus 3.4 percentage points at the 95% confidence level, for results based on the entire sample of adults. The margin of sampling error takes into account the design effect, which was 1.21. The margin of sampling error is higher and varies for results based on other sub-samples. In our reporting of the findings, percentage points are rounded off to the nearest whole number. As a result, percentages in a given table column may total slightly higher or lower than 100%. In questions that permit multiple responses, columns may total substantially more than 100%, depending on the number of different responses offered by each respondent.

The survey was conducted using KnowledgePanel, the largest and most well-established online probability-based panel that is representative of the adult US population. Our recruitment process employs a scientifically developed addressed-based sampling methodology using the latest Delivery Sequence File of the USPS – a database with full coverage of all delivery points in the US. Households invited to join the panel are randomly selected from all available households in the U.S. Persons in the sampled households are invited to join and participate in the panel. Those selected who do not already have internet access are provided a tablet and internet connection at no cost to the panel member. Those who join the panel and who are selected to participate in a survey are sent a unique password-protected log-in used to complete surveys online. As a result of our recruitment and sampling methodologies, samples from KnowledgePanel cover all households regardless of their phone or internet status and findings can be reported with a margin of sampling error and projected to the general population.

The data were weighted to adjust for gender by age, race/ethnicity, education, Census region, metropolitan status, household income, race/ethnicity by gender, race/ethnicity by age, and race/ethnicity by education. The demographic benchmarks came from the 2019 American Community Survey (ACS) except for the metropolitan status, which is not available from the 1-year ACS data, were obtained from the 2020 March Supplement of the Current Population Survey (CPS).

- Gender (Male, Female) by Age (18–25, 26–39, 40-54 and 55+)
- Race/Hispanic Ethnicity (White Non-Hispanic, Black Non-Hispanic, Latinx, Asian, Other)
- Education (Less than High School, High School, Some College, Bachelor or higher)
- Census Region (Northeast, Midwest, South, West) by Metropolitan status (Metro, non-Metro)
- Household Income (Under \$25,000, \$25,000-\$49,999, \$50,000-\$74,999, \$75,000-\$99,999, \$100,000-\$149,999, \$150,000+)
- Race/ethnicity (White/Other Non-Hispanic, Black Non-Hispanic, Latinx, Asian) by Gender (Male, Female)
- Race/ethnicity (White/Other Non-Hispanic, Black Non-Hispanic, Latinx, Asian) by Age (18-44, 45+)
- Race/ethnicity (White/Other Non-Hispanic, Black Non-Hispanic, Latinx, Asian) by Education (Some College or less, Bachelor and beyond)





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### About Ipsos

Ipsos is the world's third largest Insights and Analytics company, present in 90 markets and employing more than 18,000 people.

Our passionately curious research professionals, analysts and scientists have built unique multi-specialist capabilities that provide true understanding and powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. We serve more than 5000 clients across the world with 75 business solutions.

Founded in France in 1975, Ipsos is listed on the Euronext Paris since July 1st, 1999. The company is part of the SBF 120 and the Mid-60 index and is eligible for the Deferred Settlement Service (SRD).

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