

1 hr. 20 min.

4 hr. 26 min.

3 hr.

2 hr. 8 min.

3 hr. 18 min.

4 hr. 1 min.

1 hr. 26 min.



WORK TIME

KNOW MORE, LABOR LESS Proof that slaving away at school pays off: ATUS 2005 data from people 25 or older suggest that higher educational achievement leads to fewer hours spent working, especially on weekends. Although Americans often complain about being overloaded, they work fewer hours in paid jobs than they did 40 years ago.

Average time per day working, based on education level

Average day

Less than high school diploma	7 hr. 54 min.
High school graduate	7 hr. 50 min.
Some college	7 hr. 35 min.
Bachelor's degree and higher	7 hr. 22 min.

Weekend, holiday

Less than high school diploma	7 hr. 5 min.
High school graduate	6 hr. 28 min.
Some college	6 hr. 5 min.
Bachelor's degree and higher	3 hr. 44 min.

FREE TIME

GLUED TO THE TUBE According to various surveys, Americans have gained from 4 to 8 hr. a week of leisure time since 1965, mostly because appliances have reduced housework. One result: our time spent exercising has doubled. But TV is still our preferred way of goofing off. Men 65 or older have the most free time each day: 8 hr. 9 min.

Watching TV

Men	3 hr. 28 min.
Women	2 hr. 41 min.

Socializing

1 hr. 5 min.
1 hr. 13 min.

Reading

23 min.
31 min.

Playing games, computer use

30 min.
17 min.

Relaxing, thinking

24 min.
17 min.

Sports, exercise, recreation

29 min.
11 min.

Average time per day on weekends and holidays spent on leisure and sports activities

PERSONAL CARE

SPRUCING UP

Although the ATUS results, right, show Americans put a lot of time into their looks, data from the Americans' Use of Time Project show a 20% drop in hours spent grooming over the past 20 years. One reason may be the easing of business dress codes. Women spend nearly 2 hr. more each week on such tasks as applying makeup and doing their nails than men spend on, say, shaving.

SLEEPING IN

ATUS data show that we average 8½ hr. of sleep per day. (That's roughly an hour more than in 1965, according to other time-use surveys.) Married people are less likely to be asleep at 7 a.m. than single folks are. And another plug for education: the time that people wake up in the morning gets later as education levels increase.

Sex . . .

A LITTLE LOVIN' The ATUS survey lumped cuddling, kissing, necking and having sex into one category, on which Americans on average spent a mere 1 min. per day. (Keep in mind that respondents may have under-reported out of modesty). The age groups that spent the most time thus engaged (2 min. per day) were 20-to-24-year-olds and 45-to-54-year-olds. As in similar surveys, men reported spending more time—sometimes twice as much—engaging in sexual activity than women did.

7:00 P.M.

HAPPY HOUR About 10% of us still linger at work, while more than 60% jump into peak leisure time, which spans the next 3 hr. The prime hour for evening eating and drinking is 6 to 7; by then 31% have begun to indulge.

10:00 P.M.

LIGHTS OUT About half of us are preparing for bed, if we haven't already fallen asleep. But about 47% of us are still enjoying our free time. About 12% are doing household chores or working late.

3:00 A.M.

LAST CALL Nearly everyone is asleep, but 3% of us are still up, mostly at work or hanging out. Far fewer may be having a late-night snack or balancing their checkbook; 0.1% may be cramming for an exam or bidding on eBay.

1 hr. 20 min.

4 hr. 26 min.

3 hr.

2 hr. 8 min.

3 hr. 18 min.

4 hr. 1 min.

9 hr. 46 min.

9 hr. 8 min.

9 hr. 37 min.

9 hr. 13 min.

5 hr. 37 min.

4 hr. 48 min.

4 hr. 45 min.