

A close-up, slightly blurred image of the American flag, showing the stars and stripes in a wavy pattern. The blue field with white stars is in the upper left, and the red and white stripes fill the rest of the frame.

# **A Day In The Life Of The Average American**

# 8 hours and 27 minutes of sleep



**Well done,  
America! For all  
we've written  
about the  
importance of  
sleep, it turns  
out most  
Americans are  
getting more  
than enough  
zzzs.**

**Women get 11  
minutes more  
sleep than men.**



# **4 hours and 44 minutes of leisure and sports**

**See, life isn't  
so hard.**

**Leisure and  
sports take  
up more time  
than work on  
the average  
American's  
weekday.**



# **4 hours and 29 minutes of work and related activities**



**Men spend an extra 1 hour and 17 minutes  
on work compared to women.**



# 1 hour and 38 minutes of household activities



**Women  
outwork  
men at  
home,  
spending  
an extra 47  
minutes  
per day on  
household  
activities.**

# **1 hour and 11 minutes of eating and drinking**

**Men spend an extra 4 minutes on eating and drinking compared to women.**





# 47 minutes dressing and grooming

**Women take an extra 17 minutes getting ready on weekdays. Not as much as you might think.**



# 41 minutes purchasing goods and services





# 36 minutes of educational activities



# **32 minutes caring for household members (primarily children)**

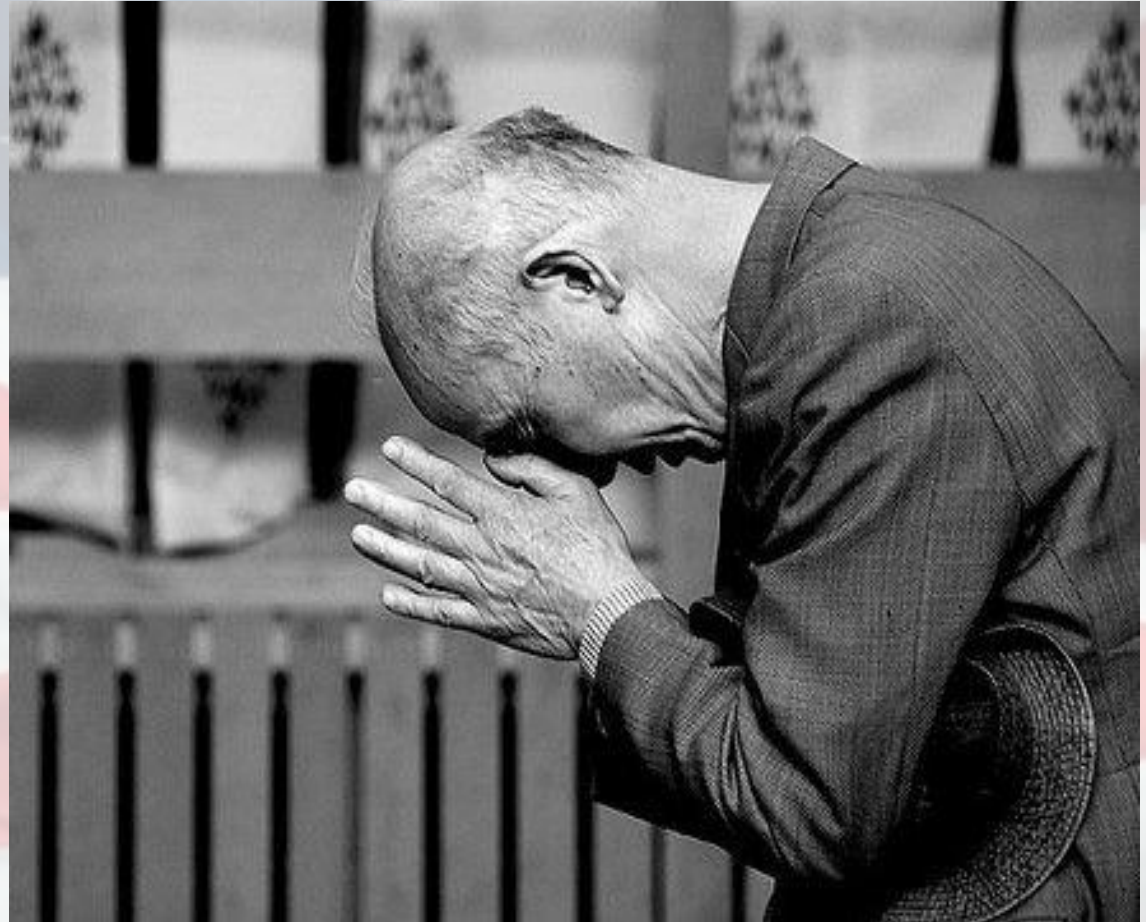


**For people engaged in this activity, the average time rose to 2 hours and 5 minutes.**



# **15 minutes of organizational, civic, and religious activities**

**Not very high,  
right?  
For the 9 percent  
of Americans  
engaged in  
religious activity  
on the average  
day, however,  
time spent rose  
to 1 hour and 43  
minutes.**



# Now let's survey time spent on the weekends



**People don't work nearly as much on the weekend. With more free time, Americans do what they want to do, not what they have to do.**