



**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



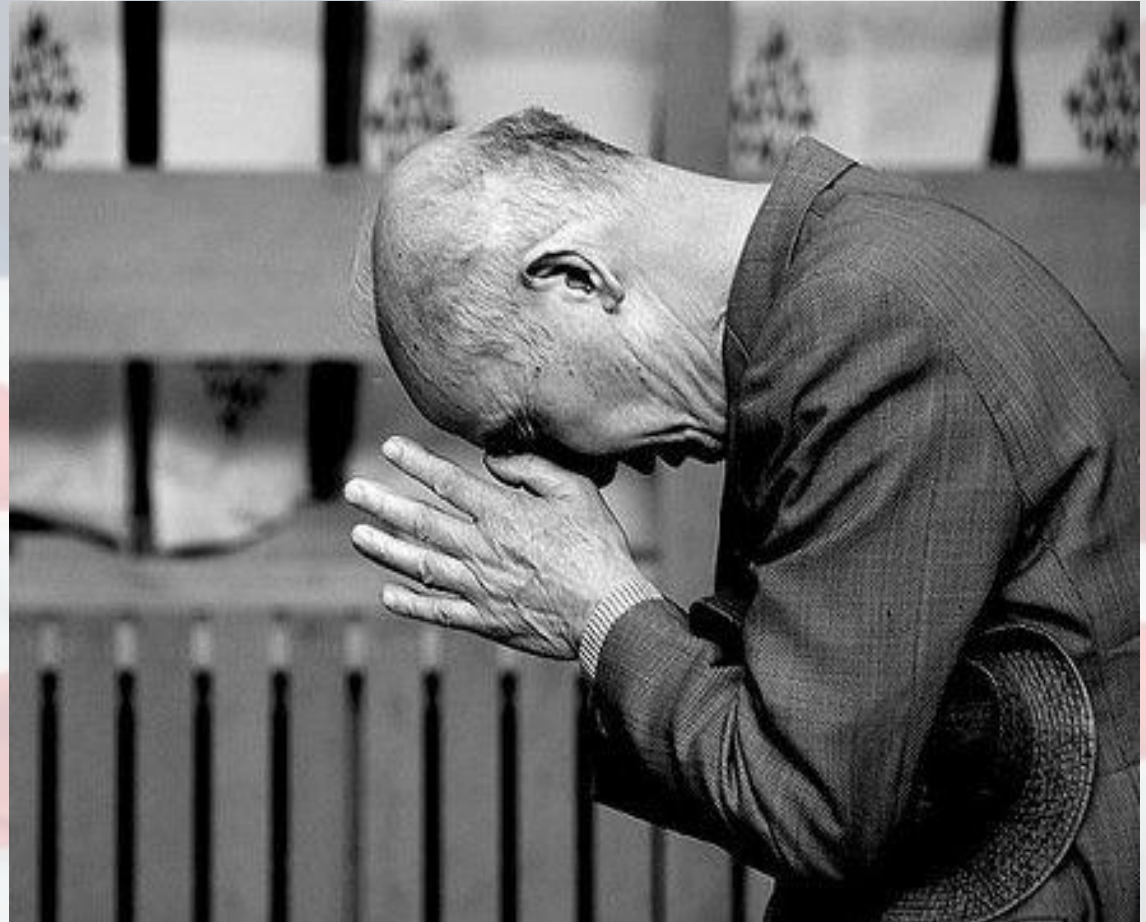
32 minutes caring for household members (primarily children)



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.