



**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



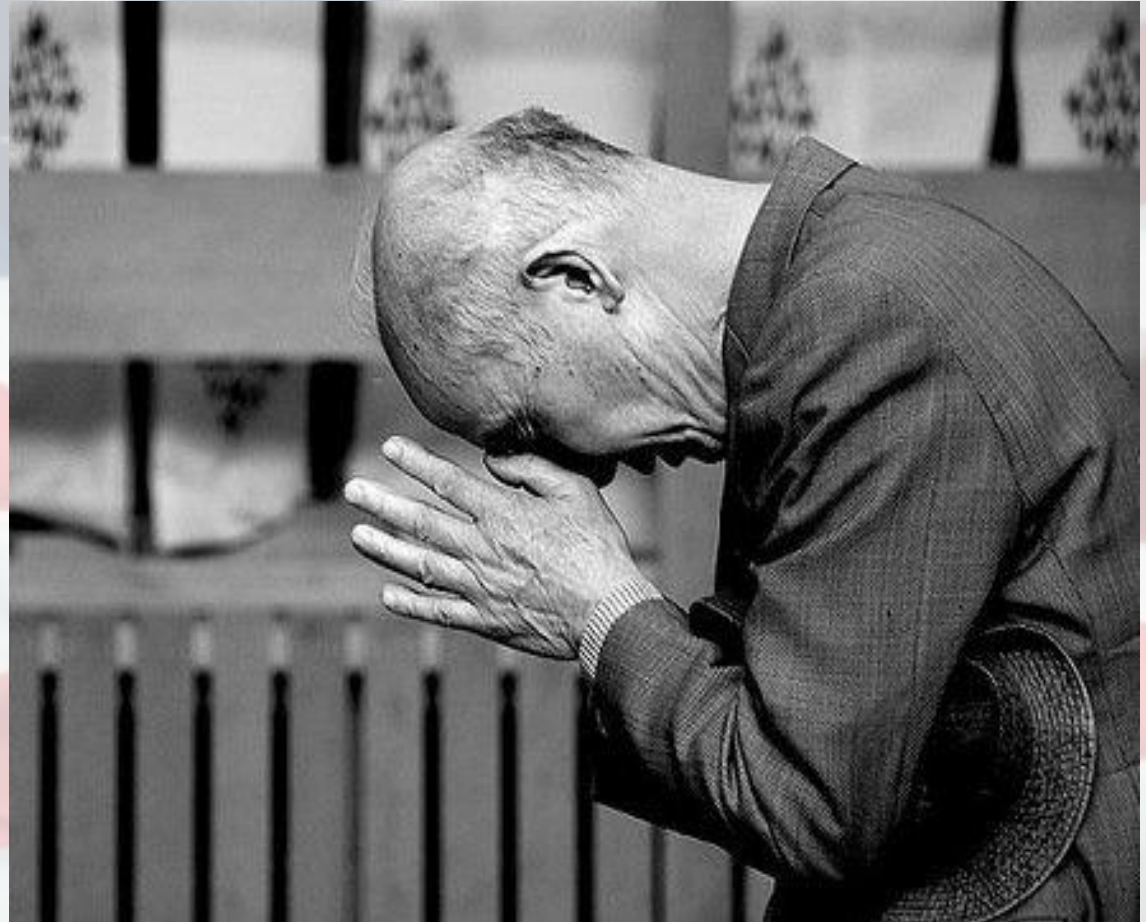
# 32 minutes caring for household members (primarily children)



**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.**