



# U.S. Department of Labor Bureau of Labor Statistics

American Time Use Survey

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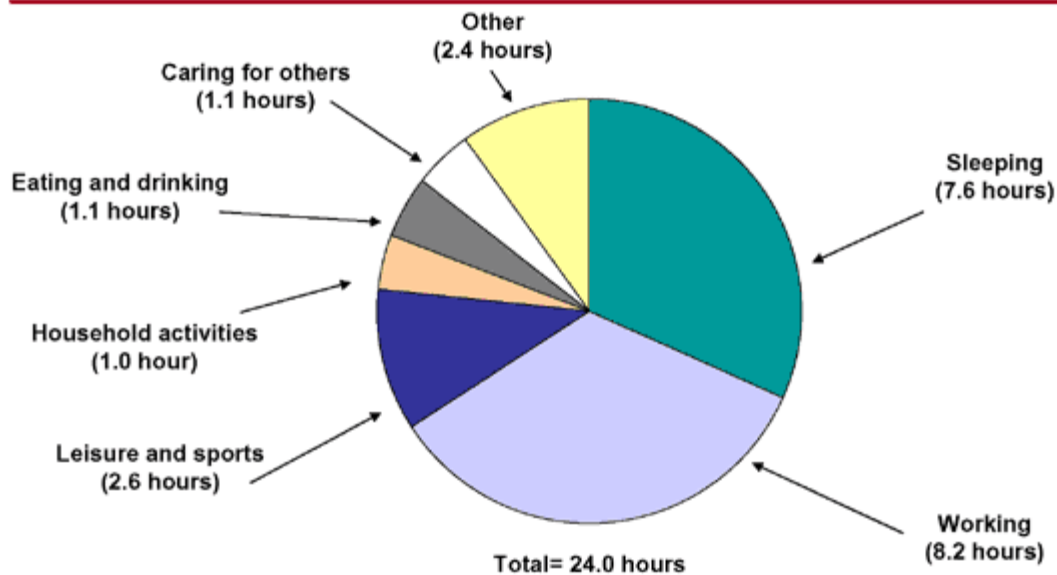
## Charts from the American Time Use Survey

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### About the Charts

The American Time Use Survey collects information about the activities people do during the day and how much time they spend doing them. For example, on an average day in 2006, Americans age 15 and over slept about 8.6 hours, spent 5.1 hours doing leisure and sports activities, worked for 3.8 hours, and spent 1.8 hours doing household activities. The remaining 4.7 hours were spent in a variety of other activities, including eating and drinking, attending school, and shopping.

## Time use on an average work day for employed persons ages 25 to 54 with children



NOTE: Data include employed persons on days they worked, ages 25 to 54, and who lived in households with children under 18. Data include non-holiday weekdays and are annual averages for 2006.

SOURCE: Bureau of Labor Statistics

[\[Chart in PDF\]](#)

[\[Chart data—TXT\]](#)

If this "average day" does not sound like a typical day in your household, it is because these numbers are for all persons in the U.S. age 15 and over, and for all days of the week combined. The information can be further analyzed by age, sex, employment status, day of the week, or presence and age of household children. Looking at information for certain groups in the population provides a more accurate picture of how each group spends its time. For example, the chart above shows how employed persons ages 25 to 54, who live in households with children under 18, spent their time on an average workday. These individuals spent an average of 8.2 hours working, 7.6 hours sleeping, 2.6 hours doing leisure and sports activities, and 1.1 hours caring for others, including children.

The following charts provide a snapshot of how people use their time. These lists are not exclusive—they only contain some of the most interesting or commonly cited statistics from the survey.

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### List of ATUS charts

#### Older Americans

- Leisure time of individuals ages 65 and over: employed vs. not employed ([PDF](#)) ([TXT](#))
- Hours per day that individuals age 55 and over spent doing selected activities ([PDF](#)) ([TXT](#))
- Hours per day of waking, non-work time that individuals age 65 and over spent with others ([PDF](#)) ([TXT](#))

## [Students](#)

- Time use on an average weekday for full-time university and college students ([PDF](#)) ([TXT](#))
- Percent of university and college students who did educational activities, by hour of day on weekdays ([PDF](#)) ([TXT](#))
- Average hours per weekday spent by high school students in various activities ([PDF](#)) ([TXT](#))

## [Care of household children \(by adults living in households with children\)](#)

- Weekday time use of married women living with young children, by employment status ([PDF](#)) ([TXT](#))

## [Household activities](#)

- Average hours per day men and women spent in various activities ([PDF](#)) ([TXT](#))
- Percent of population who did household activities on an average day ([PDF](#)) ([TXT](#))

## [Leisure and sports activities](#)

- Leisure time on an average day ([PDF](#)) ([TXT](#))
- Average hours spent per day in leisure and sports activities, by youngest and oldest populations ([PDF](#)) ([TXT](#))

## [Sleep](#)

- Average sleep times per day, by age and sex ([PDF](#)) ([TXT](#))

## [Work and employment](#)

- Time use on an average work day for employed persons ages 25 to 54 with children ([PDF](#)) ([TXT](#))
- Percent of population who worked on weekdays and weekend days ([PDF](#)) ([TXT](#))
- Percent of employed persons who worked at home on an average workday ([PDF](#)) ([TXT](#))
- Percent of employed persons who worked at home on an average workday, by education level ([PDF](#)) ([TXT](#))
- Percent of employed persons who did selected activities on workdays by hour of the day ([PDF](#)) ([TXT](#))

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## **[Other resources for finding ATUS data](#)**

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### **ATUS news releases:**

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- 2005 ([TXT](#)) ([PDF](#))
- 2004 ([TXT](#)) ([PDF](#))
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**U.S. Bureau of Labor Statistics**  
OEUS/ATUS - Suite 4675  
2 Massachusetts Avenue, NE  
Washington, DC 20212-0001

URL: <http://www.bls.gov/TUS>

Phone: (202) 691-6339

Fax: (202) 691-6426

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