


American Time Use Survey

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AVERAGE HOURS PER DAY

Household activities:

1.92

in 2023

Eating and drinking:

1.20

in 2023

Leisure and sports:

5.15

in 2023

Sleeping:

9.07

in 2023

Caring for and helping household children, parents:

1.40

in 2023

Working, employed persons:


5.02


in 2023


Working on days worked, employed persons:


7.75


in 2023




















PERCENT PARTICIPATING ON AN AVERAGE DAY

Working, employed persons:


64.7


in 2023


Participating in sports, exercise, and recreation:


21.1

in 2023





 Historical Data

 News Release

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