Chart 6-9. On weekdays that they worked, employed persons with children spent two-thirds of an average day working and sleeping

- On an average work day (Monday-Friday) in 2004, employed persons ages 25 to 54 with children in the household worked one-third (8.0 hours) of the day. No other single activity was allocated as much time.

- This same group slept 7.4 hours on weekdays that they worked—0.8 hour less than the average for the population ages 15 and older. The remainder of the day was spent doing a variety of activities, including leisure and sports (2.7 hours); caring for others (1.2 hours); household activities such as housework, food preparation, and household management (1.1 hours); eating and drinking (1.1 hours); and other miscellaneous activities.

- Of the 1.2 hours spent per day caring for others, about an hour was spent providing care to children (household and non-household) under the age of 18 as a primary activity. Primary childcare activities include bathing, dressing, reading to, and playing with children.