Time use on an average weekday for full-time university and college students

Educational activities (3.5 hours)

Leisure and sports (4.0 hours)

Eating and drinking (1.0 hour)

Traveling (1.4 hours)

Grooming (0.8 hour)

Other (2.2 hours)

Working and related activities (2.3 hours)

Sleeping (8.8 hours)

Total = 24.0 hours

NOTE: Data include individuals, ages 15 to 49, who were enrolled full time at a university or college. Data include non-holiday weekdays and are averages for 2011-15.