

Table A-3A. Percent of the population engaging in selected activities by time of day, 12 AM to 11 AM, 2024 annual averages

Activity	12 AM	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM
Total, all activities ¹	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Personal care activities.....	87.7	93.4	95.7	96.4	93.7	88.6	75.1	52.4	32.4	20.0	11.8	8.2
Sleeping ²	86.2	92.6	95.0	95.7	92.0	84.6	67.1	43.1	24.5	14.3	7.5	4.8
Eating and drinking.....	0.5	0.2	0.2	0.1	0.3	1.0	2.7	5.0	6.5	5.9	5.5	6.9
Household activities.....	0.6	0.3	0.2	0.3	0.9	2.1	5.4	10.6	12.4	14.6	16.3	15.5
Housework.....	0.2	0.1	— ³	— ³	0.1	0.2	0.7	2.0	3.5	5.3	6.5	6.1
Food preparation and cleanup. . .	0.2	— ³	0.1	0.1	0.3	1.1	3.2	5.1	4.7	3.8	3.8	3.4
Lawn and garden care.....	— ³	— ³	— ³	— ³	— ³	0.1	0.2	0.7	1.1	1.5	2.0	2.2
Household management.....	0.1	— ³	— ³	— ³	— ³	0.1	0.2	0.6	0.7	1.2	1.1	1.1
Purchasing goods and services.....	0.1	— ³	— ³	— ³	0.1	0.1	0.7	0.9	2.4	3.9	5.7	7.0
Consumer goods purchases.....	— ³	— ³	— ³	— ³	— ³	— ³	0.2	0.2	0.5	1.1	1.9	3.0
Professional and personal care services.....	— ³	— ³	— ³	— ³	— ³	— ³	— ³	0.1	0.4	0.8	1.0	1.0
Caring for and helping household members.....	0.3	0.2	0.2	0.2	0.4	0.3	1.5	3.9	3.7	2.4	2.0	2.1
Caring for and helping household children.....	0.2	0.2	0.1	0.1	0.4	0.2	1.2	2.8	2.2	1.7	1.4	1.4
Caring for and helping nonhousehold members.....	— ³	— ³	— ³	— ³	0.1	0.1	0.2	0.4	0.7	0.9	1.0	0.9
Caring for and helping nonhousehold adults.....	— ³	— ³	— ³	— ³	— ³	0.1	0.1	0.1	0.3	0.3	0.4	0.5
Working and work-related activities.....	1.3	1.1	0.9	1.0	1.8	3.4	7.5	15.0	24.3	29.4	30.8	30.3
Working.....	1.1	0.9	0.9	0.8	1.6	2.5	5.0	11.1	21.5	27.6	29.4	29.1
Educational activities.....	0.2	0.1	0.1	— ³	0.1	— ³	0.2	1.0	2.5	3.7	4.3	4.6
Attending class.....	— ³	— ³	— ³	— ³	— ³	— ³	— ³	0.4	1.8	2.9	3.1	3.4
Homework and research.....	0.2	0.1	0.1	— ³	0.1	— ³	0.1	0.2	0.3	0.6	0.7	0.8
Organizational, civic, and religious activities.....	0.2	0.1	0.1	0.1	0.2	0.4	0.7	1.0	1.5	2.5	3.3	3.3
Religious and spiritual activities...	0.1	0.1	0.1	0.1	0.1	0.3	0.5	0.6	0.7	1.2	1.7	1.7
Volunteering (organizational and civic activities).....	— ³	— ³	— ³	— ³	0.1	0.1	0.1	0.2	0.5	0.9	1.1	1.3
Leisure and sports.....	8.5	4.2	2.4	1.5	2.2	3.6	5.1	8.2	11.4	14.7	16.9	19.1
Socializing and communicating...	0.6	0.2	— ³	0.1	0.1	0.1	0.2	0.5	1.0	1.4	1.9	2.2
Watching television.....	4.8	2.5	1.5	0.8	1.0	1.4	1.9	3.1	4.5	5.6	6.4	7.8
Participating in sports, exercise, and recreation.....	0.1	— ³	— ³	— ³	0.3	0.6	1.3	1.6	2.0	1.9	1.9	1.9
Telephone calls, mail, and e-mail...	0.5	0.2	0.1	0.1	— ³	0.1	0.2	0.4	0.6	0.8	1.0	0.9
Other activities, not elsewhere classified.....	0.3	0.1	0.1	0.1	0.2	0.3	0.7	1.0	1.5	1.2	1.4	1.3

¹ All major activity categories (the activity names that are not indented) include related travel time.

² Includes naps and spells of sleeplessness.

³ Estimate is approximately zero.

NOTE: These data are a snapshot of the main activities people were doing at the time indicated. At each time of day, the major activity categories sum to 100 percent, although sums may not be exact due to rounding. Data refer to persons 15 years and over. For technical information about the American Time Use Survey, see the ATUS User's Guide at <https://www.bls.gov/tus/atususersguide.pdf>.

Source: American Time Use Survey, Bureau of Labor Statistics

Table A-3B. Percent of the population engaging in selected activities by time of day, 12 PM to 11 PM, 2024 annual averages

Activity	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM
Total, all activities ¹	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Personal care activities.....	6.0	6.1	6.4	6.3	6.4	5.8	5.7	7.0	11.4	26.7	52.8	75.5
Sleeping ²	3.8	3.9	4.3	4.4	3.7	3.0	2.9	3.6	7.3	21.1	47.2	72.2
Eating and drinking.....	16.6	11.0	5.8	4.6	5.7	10.2	16.3	14.1	8.8	3.6	2.0	0.8
Household activities.....	15.1	14.2	12.8	13.8	14.6	16.6	17.0	12.1	8.2	5.9	3.7	1.3
Housework.....	5.5	5.2	4.8	4.8	3.9	2.9	2.4	2.3	1.9	1.7	1.1	0.6
Food preparation and cleanup. . .	4.3	3.5	2.4	3.0	5.0	9.1	10.5	6.4	3.4	2.0	1.2	0.2
Lawn and garden care.....	1.7	1.7	1.7	1.7	1.7	1.3	0.9	0.6	0.3	0.2	— ³	— ³
Household management.....	0.9	0.9	1.4	1.5	1.0	0.8	0.9	0.7	0.7	0.8	0.4	0.1
Purchasing goods and services.....	7.7	6.7	6.8	6.1	6.0	5.8	4.6	2.9	1.8	1.0	0.5	0.2
Consumer goods purchases.....	3.3	3.0	3.3	2.7	2.4	2.5	1.8	1.4	0.9	0.5	0.2	— ³
Professional and personal care services.....	0.9	0.8	0.9	0.9	0.7	0.5	0.3	0.2	0.1	— ³	0.1	— ³
Caring for and helping household members.....	2.0	2.1	2.8	4.1	4.0	4.3	3.3	4.3	4.4	3.1	1.2	0.6
Caring for and helping household children.....	1.3	1.5	1.6	2.3	2.6	2.6	2.4	3.7	3.9	2.6	0.9	0.4
Caring for and helping nonhousehold members.....	1.1	1.2	1.5	1.8	1.6	1.4	1.5	1.0	0.7	0.4	0.4	0.2
Caring for and helping nonhousehold adults.....	0.5	0.6	0.6	0.6	0.5	0.4	0.4	0.2	0.1	0.1	0.1	— ³
Working and work-related activities.....	24.4	28.3	30.3	29.1	25.5	17.6	10.8	7.5	5.9	4.9	3.8	2.5
Working.....	23.0	27.0	28.6	27.1	22.5	13.8	8.4	6.0	5.1	4.2	3.2	1.9
Educational activities.....	3.3	3.6	3.8	2.8	2.2	1.8	1.7	1.5	1.8	1.3	0.7	0.3
Attending class.....	2.4	2.6	2.7	1.4	0.5	0.3	0.3	0.2	0.3	0.1	— ³	— ³
Homework and research.....	0.6	0.6	0.9	1.0	1.2	1.2	1.3	1.1	1.5	1.1	0.7	0.3
Organizational, civic, and religious activities.....	2.3	1.9	1.8	1.4	1.2	1.2	1.6	2.1	2.0	1.4	0.6	0.4
Religious and spiritual activities...	0.9	0.5	0.4	0.3	0.4	0.4	0.5	0.9	0.9	0.8	0.5	0.2
Volunteering (organizational and civic activities).....	1.0	1.0	1.1	0.9	0.7	0.7	0.9	0.9	0.8	0.4	0.1	0.1
Leisure and sports.....	19.7	23.0	25.6	27.4	30.8	33.1	35.4	44.8	51.8	49.1	32.8	17.2
Socializing and communicating...	2.6	2.6	3.5	4.0	4.7	5.5	5.5	5.7	5.3	3.8	2.6	1.2
Watching television.....	8.3	9.5	10.4	10.9	13.0	14.6	18.2	25.9	33.0	31.3	20.8	9.6
Participating in sports, exercise, and recreation.....	1.8	2.0	2.0	2.1	2.5	2.1	2.0	2.0	1.5	0.8	0.3	0.2
Telephone calls, mail, and e-mail...	0.8	0.7	1.2	1.1	1.1	1.2	1.1	1.5	1.8	1.7	1.0	0.6
Other activities, not elsewhere classified.....	1.0	1.1	1.2	1.6	1.2	1.1	1.0	1.3	1.3	0.8	0.6	0.5

¹ All major activity categories (the activity names that are not indented) include related travel time.

² Includes naps and spells of sleeplessness.

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Source: American Time Use Survey, Bureau of Labor Statistics