

Table A-8. Waking hours spent alone or with others, by selected characteristics, 2025 annual averages

Characteristic	Average waking hours per day, alone or with others present ¹			
	Awake time, total ²	Alone	Others present, not alone	Information not collected ³
Age				
Total, 15 years and over.....	14.97	6.82	7.25	0.89
15 to 19 years.....	13.87	5.16	6.10	2.61
20 to 24 years.....	14.25	5.49	8.02	0.74
25 to 34 years.....	14.92	6.37	7.80	0.75
35 to 44 years.....	15.32	6.10	8.48	0.74
45 to 54 years.....	15.34	6.88	7.69	0.77
55 to 64 years.....	15.21	7.59	6.86	0.75
65 to 74 years.....	15.04	8.13	6.25	0.66
75 years and over.....	14.92	8.31	5.78	0.83
Sex				
Men.....	15.07	7.07	7.21	0.79
Women.....	14.87	6.59	7.29	0.99
Race and Hispanic or Latino ethnicity				
White.....	14.99	6.65	7.49	0.85
Black or African American.....	14.92	7.89	5.84	1.18
Asian.....	15.09	6.84	7.38	0.87
Hispanic or Latino ethnicity.....	14.80	5.78	8.06	0.96
Employment Status				
Employed.....	15.23	6.63	7.80	0.79
Full-time workers.....	15.37	6.72	7.88	0.76
Part-time workers.....	14.70	6.30	7.49	0.91
Not employed.....	14.56	7.11	6.41	1.04
Usual weekly earnings of full-time wage and salary workers (single jobholders only)				
Less than or equal to 25th percentile.....	15.07	6.14	8.09	0.84
Greater than 25th percentile and less than or equal to 50th percentile.....	15.16	6.05	8.37	0.74
Greater than 50th percentile and less than or equal to 75th percentile.....	15.34	6.74	7.80	0.80
Greater than 75th percentile.....	15.63	7.70	7.25	0.68
Presence and age of household children				
No household children under 18.....	14.91	7.65	6.46	0.80
Household children under 18.....	15.09	5.14	8.87	1.09
Children 13 to 17 years, none younger.....	15.07	5.97	7.75	1.35
Children 6 to 12 years, none younger.....	14.98	5.40	8.49	1.09
Youngest child under 6 years.....	15.20	4.27	10.04	0.89
Marital status and sex				
Married, spouse present.....	15.23	5.82	8.68	0.73
Men.....	15.35	6.18	8.52	0.65
Women.....	15.09	5.43	8.84	0.82
Other marital statuses.....	14.71	7.81	5.85	1.05
Men.....	14.76	8.06	5.77	0.94

See footnotes at end of table.

Table A-8. Waking hours spent alone or with others, by selected characteristics, 2025 annual averages — Continued

Characteristic	Average waking hours per day, alone or with others present ¹			
	Awake time, total ²	Alone	Others present, not alone	Information not collected ³
Women.....	14.67	7.60	5.92	1.15
Day of week				
Non-holiday weekdays.....	15.24	7.19	7.09	0.97
Weekends or holidays.....	14.32	5.96	7.64	0.72
Educational attainment, 25 years and over				
Less than a high school diploma.....	14.76	6.32	7.69	0.75
High school graduates, no college.....	14.91	7.28	6.92	0.71
Some college or associate degree.....	15.19	7.02	7.40	0.77
Bachelor's degree and higher.....	15.33	7.18	7.39	0.75
Bachelor's degree only.....	15.31	7.23	7.33	0.75
Advanced degree.....	15.34	7.11	7.48	0.75

¹ This information was collected by asking people, 'Who was in the room with you?' or 'Who accompanied you?'

² Information about who people were with while they slept was not collected and thus this table focuses on times people were awake.

³ Information about who people were with was not collected for certain non-sleep activities (grooming, personal activities, and attending high school classes) and when respondents did not remember or refused to provide an activity or information about who they were with.

Note: Data refer to people 15 years and over, unless otherwise specified. Time spent with multiple people is counted in all relevant categories. People of Hispanic or Latino ethnicity may be of any race.