

Table A-9. Waking hours spent alone or with others, by sex and household composition, 2025 annual averages

Presence of others and household composition ¹	Average hours per day, population			Average percent of population spending time alone or with others present per day		
	Total, both sexes	Men	Women	Total, both sexes	Men	Women
Total, all people						
Total waking hours ²	14.97	15.07	14.87	100.0	100.0	100.0
Alone.....	6.82	7.07	6.59	94.4	94.8	94.0
Others present, not alone.....	7.25	7.21	7.29	89.7	89.4	90.0
With household members present.....	4.30	4.10	4.50	71.5	70.9	72.2
Family members.....	4.06	3.84	4.27	67.4	66.0	68.7
Spouse.....	2.61	2.86	2.37	45.4	48.1	42.7
Own children under 18.....	1.23	1.00	1.44	21.5	20.4	22.5
Non-family household members.....	0.30	0.32	0.28	6.3	6.7	5.9
With nonhousehold members present.....	3.48	3.55	3.42	59.8	58.1	61.3
Family.....	0.72	0.60	0.83	18.7	16.3	20.9
Coworkers or customers.....	1.69	1.85	1.55	24.6	26.1	23.2
Friends, neighbors, and acquaintances.....	0.55	0.60	0.50	15.0	15.1	15.0
Other nonhousehold members.....	0.67	0.63	0.70	20.5	19.1	21.9
Information not collected ³	0.89	0.79	0.99	80.8	78.2	83.4
People living alone						
Total waking hours ²	15.07	15.12	15.03	100.0	100.0	100.0
Alone.....	10.63	10.56	10.69	99.2	99.5	99.0
Others present, not alone.....	3.70	3.94	3.49	61.3	61.2	61.5
With household members present.....	–	–	–	–	–	–
With nonhousehold members present.....	3.70	3.94	3.49	61.3	61.2	61.5
Family.....	0.77	0.60	0.91	18.0	15.3	20.3
Coworkers or customers.....	1.70	2.14	1.33	24.4	28.9	20.5
Friends, neighbors, and acquaintances.....	0.64	0.57	0.69	17.0	15.5	18.3
Other nonhousehold members.....	0.75	0.76	0.74	21.4	22.0	20.8
Information not collected ³	0.74	0.62	0.85	79.0	76.2	81.4
People living with spouse or partner and no children under 18						
Total waking hours ²	15.04	15.20	14.87	100.0	100.0	100.0
Alone.....	6.20	6.39	6.00	93.5	92.5	94.7
Others present, not alone.....	8.09	8.16	8.01	96.1	95.8	96.4
With household members present.....	5.65	5.89	5.39	90.8	91.3	90.3
Family members.....	5.21	5.42	4.97	83.7	83.9	83.5
Spouse.....	5.11	5.34	4.85	81.9	82.3	81.6
Own children under 18.....	–	–	–	–	–	–
Non-family household members.....	0.46	0.48	0.44	8.1	8.3	7.8
With nonhousehold members present.....	3.12	2.92	3.32	55.1	51.4	59.1
Family.....	0.78	0.69	0.87	17.9	15.3	20.6
Coworkers or customers.....	1.55	1.48	1.63	23.4	22.6	24.3
Friends, neighbors, and acquaintances.....	0.37	0.35	0.38	11.1	10.0	12.2
Other nonhousehold members.....	0.55	0.52	0.58	17.6	16.0	19.3
Information not collected ³	0.75	0.65	0.87	79.2	74.7	84.1

See footnotes at end of table.

Table A-9. Waking hours spent alone or with others, by sex and household composition, 2025 annual averages — Continued

Presence of others and household composition ¹	Average hours per day, population			Average percent of population spending time alone or with others present per day		
	Total, both sexes	Men	Women	Total, both sexes	Men	Women
Adults living with children under 18⁴						
Total waking hours ²	15.25	15.25	15.25	100.0	100.0	100.0
Alone.....	5.23	5.71	4.80	91.5	92.3	90.8
Others present, not alone.....	9.26	8.84	9.63	98.2	97.4	99.0
With household members present.....	6.31	5.61	6.93	93.5	91.4	95.4
Family members.....	6.22	5.50	6.86	92.4	89.7	94.7
Spouse.....	3.11	3.50	2.77	61.6	68.2	55.8
Own children under 18.....	4.12	3.52	4.64	72.1	71.8	72.4
Non-family household members.....	0.24	0.30	0.20	6.2	5.8	6.5
With nonhousehold members present.....	3.69	3.78	3.62	59.2	57.9	60.4
Family.....	0.65	0.58	0.71	17.2	16.2	18.1
Coworkers or customers.....	2.13	2.21	2.06	29.0	29.8	28.3
Friends, neighbors, and acquaintances.....	0.46	0.61	0.33	11.9	13.0	10.9
Other nonhousehold members.....	0.64	0.55	0.72	19.9	16.5	23.0
Information not collected ³	0.76	0.69	0.81	82.2	80.6	83.6

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.

⁴ Includes people 18 years and over living in households with children under 18.

- Not applicable.

Note: Data refer to people age 15 and over. Time spent with multiple people is counted in all relevant categories.