

**Table A-3. Percent of the population engaging in selected activities<sup>1</sup> by time of day, 2003-07**

Percent of population, Total

	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 <sup>2</sup> .....	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 .....	83.7	90.5	93.8	95.3	94.0	89.3	75.4	52.5	31.9	19.4	12.2	8.4
Sleeping .....	82.2	89.7	93.0	94.4	91.9	85.2	65.1	41.2	23.8	13.4	7.7	4.9
Eating and drinking .....	0.8	0.5	0.4	0.3	0.5	1.3	3.6	6.4	7.1	6.4	5.1	6.0
Household activities .....	0.9	0.5	0.4	0.3	0.8	1.7	4.4	7.7	10.9	13.5	14.4	13.9
Housework .....	0.3	0.2	0.1	0.1	0.1	0.3	0.9	2.1	4.0	6.2	6.6	6.2
Food preparation and cleanup .....	0.2	0.1	0.1	0.1	0.4	0.8	2.2	3.2	3.3	2.7	2.5	2.4
Lawn and garden .....	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	1.0	1.6	1.9	1.9
Household management .....	0.2	0.1	0.1	0.0	0.0	0.1	0.3	0.4	0.7	0.9	1.0	0.9
Purchasing goods and services .....	0.3	0.1	0.1	0.0	0.0	0.1	0.4	0.9	2.1	4.1	6.2	7.4
Consumer goods purchases .....	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.5	1.2	2.4	3.4
Professional and personal care services .....	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.7	1.0	0.9
Caring for and helping household members .....	0.4	0.3	0.4	0.4	0.5	0.4	1.8	4.0	3.8	2.7	2.3	2.3
Caring for and helping household children .....	0.3	0.2	0.3	0.3	0.4	0.3	1.4	3.0	2.4	1.9	1.8	1.7
Caring for and helping nonhousehold members ...	0.3	0.2	0.1	0.1	0.1	0.1	0.3	0.6	0.9	1.2	1.4	1.6
Caring for and helping nonhousehold adults .....	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.4	0.6	0.7
Working and work-related activities .....	2.6	1.9	1.5	1.5	2.2	3.7	8.1	16.9	26.5	30.3	31.4	32.2
Working .....	2.2	1.8	1.4	1.4	1.9	2.8	5.7	12.8	22.7	28.4	30.0	30.9
Educational activities .....	0.4	0.2	0.1	0.0	0.0	0.1	0.2	1.3	3.4	4.4	4.7	4.5
Attending class .....	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	2.7	3.6	3.9	3.6
Homework and research .....	0.3	0.2	0.1	0.0	0.0	0.1	0.1	0.2	0.3	0.5	0.5	0.6
Organizational, civic, and religious activities .....	0.1	0.1	0.1	0.0	0.1	0.2	0.3	0.7	1.4	2.5	3.4	3.9
Religious and spiritual activities .....	0.1	0.0	0.0	0.0	0.1	0.1	0.2	0.3	0.5	1.0	1.7	2.2
Volunteering (organizational and civic activities)	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.5	0.9	1.2	1.3
Leisure and sports .....	9.9	5.3	3.0	1.8	1.6	2.9	5.0	8.2	10.5	13.7	16.8	17.6
Socializing and communicating .....	1.4	0.9	0.5	0.2	0.1	0.1	0.3	0.6	0.9	1.5	2.1	2.5
Watching television .....	4.8	2.4	1.2	0.8	0.7	1.0	1.6	2.8	3.7	4.8	5.9	6.6
Participating in sports, exercise, and recreation	0.2	0.1	0.1	0.0	0.1	0.4	0.9	1.2	1.4	1.6	1.8	1.8
Telephone calls, mail, and e-mail .....	0.5	0.3	0.1	0.1	0.1	0.1	0.2	0.3	0.6	0.8	0.9	1.0
Other activities, not elsewhere classified .....	0.2	0.1	0.1	0.1	0.1	0.1	0.4	0.7	1.0	1.1	1.2	1.2

See footnotes at end of table.

**Table A-3. Percent of the population engaging in selected activities <sup>1</sup> by time of day, 2003-07 — Continued**

Percent of population, Total

	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 <sup>2</sup> .....	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 .....	6.3	6.2	6.4	6.3	6.1	5.8	5.7	5.7	8.3	18.3	41.3	67.5
Sleeping .....	3.5	4.1	4.3	3.9	3.5	2.9	2.7	2.8	5.1	14.0	36.5	64.4
Eating and drinking .....	18.1	11.6	5.9	4.2	4.5	9.1	15.7	13.8	9.0	4.9	2.6	1.3
Household activities .....	12.5	11.7	11.7	11.8	13.2	14.8	13.8	10.9	7.7	5.4	3.4	1.8
Housework .....	4.7	4.3	4.2	3.7	3.4	2.6	2.1	2.2	2.1	1.9	1.3	0.6
Food preparation and cleanup .....	3.2	2.4	2.2	2.7	4.4	7.2	7.6	5.2	2.8	1.4	0.8	0.3
Lawn and garden .....	1.5	1.7	1.7	1.7	1.6	1.4	1.2	0.8	0.5	0.2	0.1	0.0
Household management .....	0.8	0.8	0.9	1.0	0.9	0.9	0.7	0.8	0.8	0.7	0.5	0.4
Purchasing goods and services .....	8.0	8.1	8.1	7.8	7.7	6.9	5.6	4.5	3.2	2.2	1.1	0.5
Consumer goods purchases .....	3.7	4.0	4.1	3.7	3.5	3.1	2.5	2.3	1.6	1.0	0.4	0.2
Professional and personal care services .....	0.7	0.8	0.9	0.8	0.7	0.5	0.4	0.2	0.1	0.1	0.0	0.0
Caring for and helping household members .....	2.3	2.3	2.6	3.6	4.1	4.2	3.8	4.3	4.8	3.9	1.9	0.8
Caring for and helping household children .....	1.6	1.6	1.7	2.2	2.9	2.7	2.9	3.7	4.2	3.4	1.5	0.6
Caring for and helping nonhousehold members ...	1.6	1.7	1.9	2.1	2.2	2.0	1.7	1.5	1.4	1.1	0.8	0.5
Caring for and helping nonhousehold adults .....	0.7	0.7	0.8	0.8	0.7	0.6	0.5	0.5	0.4	0.3	0.2	0.1
Working and work-related activities .....	24.6	29.1	31.3	30.4	26.9	20.2	12.7	9.1	7.1	6.0	4.9	3.8
Working .....	22.8	27.3	29.4	27.8	23.4	15.4	9.7	7.4	6.1	5.1	4.1	3.1
Educational activities .....	3.7	4.0	3.9	2.9	1.8	1.6	1.7	1.9	1.7	1.5	1.0	0.6
Attending class .....	2.9	3.1	2.9	1.3	0.4	0.4	0.5	0.7	0.6	0.3	0.1	0.0
Homework and research .....	0.6	0.7	0.7	0.9	1.0	1.0	0.9	1.0	1.0	1.0	0.8	0.5
Organizational, civic, and religious activities .....	3.0	1.9	1.5	1.3	1.4	1.5	1.9	2.6	2.3	1.4	0.6	0.3
Religious and spiritual activities .....	1.4	0.6	0.3	0.3	0.3	0.5	0.6	1.0	0.9	0.5	0.2	0.1
Volunteering (organizational and civic activities)	1.1	1.0	0.9	0.8	0.8	0.7	0.8	1.2	1.1	0.7	0.3	0.1
Leisure and sports .....	18.0	21.5	24.7	27.4	29.7	31.5	35.0	43.4	51.8	52.7	40.4	21.7
Socializing and communicating .....	3.0	3.6	4.3	5.0	5.4	6.0	6.3	6.9	6.8	5.9	4.3	2.6
Watching television .....	6.9	8.4	9.4	10.4	11.9	13.4	17.0	23.9	31.8	34.1	26.0	12.8
Participating in sports, exercise, and recreation	1.7	1.7	1.7	2.0	2.2	2.2	2.1	2.1	1.6	1.0	0.6	0.3
Telephone calls, mail, and e-mail .....	0.8	0.8	1.0	1.1	1.2	1.2	1.3	1.5	1.7	1.8	1.5	0.9
Other activities, not elsewhere classified .....	1.0	1.0	1.0	1.1	1.3	1.2	1.0	0.8	0.9	0.8	0.6	0.3

<sup>1</sup> Activities refers to an individual's main activity. Other activities done simultaneously are not included. All major activity categories (the activity names that are not indented) include related travel time.

<sup>2</sup> These data are a snapshot of the activities persons were doing at the time indicated. At each time of day, the major activity categories sum to 100 percent (sums may not be exact due to rounding).

NOTE: Data refer to persons 15 years and over. For technical information about the American Time Use Survey, see the ATUS User's Guide at [www.bls.gov/tus/atususersguide.pdf](http://www.bls.gov/tus/atususersguide.pdf).

Source: American Time Use Survey, Bureau of Labor Statistics