

Economic Analysis

ATUS 2014: Work More, Sleep More, Relax More

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- **Americans spent more time on work, sleep, and leisure activities**
- **Telecommuting was more popular among the college-educated**
- **Americans spent more time watching TV than all other leisure activities combined**

The Bureau of Labor Statistics (BLS) released 2014 results for its annual American Time Use Survey (ATUS), providing a picture of how Americans choose to spend their day. Relative to last year's survey results, Americans spent more time sleeping, working and participating in leisure activities, and less time on household activities and eating and drinking. On average, the overall population spent 3.6 in work and work-related activities, 8.8 hours sleeping, 5.3 hours on leisure activities, 1.8 hours in household activities, 1.2 hours eating and drinking, and 3.3 hours on other activities. Those employed full-time spent 9.3 in work and work-related activities, 7.8 hours sleeping, 2.8 hours in leisure activities, and 4.1 hours in other activities during an average workweek. However, results varied across gender and age. Key findings from this year's survey include the following:

Telecommuting goes mainstream: Overall, more Americans reported that they had worked from home and that they worked from home for more time than in 2013. On average, 23.1% of employed people worked at home for 3.2 hours on an average day, versus 22.9% working at home for 3 hours in 2013. Results varied among full-time and part-time workers, with those working full-time more likely to telecommute. In addition, working from home was correlated with higher educated levels, with 39.1% of surveyed adults holding a bachelor's degree telecommuting on an average day versus 13.8% of those with a high school diploma and no college courses. Workers in management, business, and financial operations were more likely to telecommute than those in other occupations.

Skipping class: On a YoY basis, significantly less time was spent on educational activities. In 2014, those engaged in educational activities spent on average 5.3 hours on homework, research, and attending class compared to 6 hours in 2013. Engagement in educational activities varied according to gender, with 8.5% of women participating in them versus 7.5% of men.

More fighting over the remote: The only two leisure activities that increased YoY on both the weekends and the weekdays were watching TV and playing games/computer use for leisure. Americans reported spending an average of 2.8 hours in front of the TV on a given day versus 2.5 hours for all other leisure activities combined, including sports and exercise, socializing, reading, and relaxing/thinking. Socializing and communicating came in second, with an average of 0.6 hours on weekdays and nearly doubling to 1 hour on the weekends. The number of hours spent in front of the TV varied significantly by age—those who were 55 and older spent an average of 4.3 hours watching TV on the weekends, while adults under 55 spent an average of 3 hours. In addition, individuals ages 15-19 spent an average of 2.4 hours watching TV and 0.1 hours reading during the week. Higher income levels were positively correlated with reading activity and negatively correlated with watching TV and playing games/computer use.

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