# ATUS 2014: Work More, Sleep More, Relax More 

 Amanda Augustine- 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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Men vs. women: In general, women spent more time than men in household activities, purchasing goods and services, caring for and helping others, and socializing and communicating. On the other hand, men spend more time working, watching TV, and engaging in sports and recreation.

One figure that remained nearly unchanged YoY was the percentage of women and men engaged in household activities- $83.1 \%$ of women versus $65.1 \%$ of men in 2014. Of those who spent time on household activities, women spent relatively more time than men-2.6 hours vs. 2.1 hours, respectively. Interestingly, the most significant YoY change in this category was the increase in the percentage of men who engaged in food preparation and cleanup, rising over 1 pp to $42.8 \%$. In the 2003 survey, only $35 \%$ of men participated in food preparation and cleanup in an average day.

The workplace also reflected shifting gender roles. On workdays, men worked an average of 52 more minutes than women; however, the share of working women has risen YoY. In 2014, $36.8 \%$ of women reported working on the average day versus $35.7 \%$ in 2013. Despite this increase, the share of working women is still lower than the share of men which was $47.6 \%$.

## Bottom Line

The inside view that the 2014 ATUS provides into Americans' daily lives seems to indicate a higher emphasis on maintaining work/life balance. Although Americans reported that they worked more than last year, they also found time to sleep more and enjoy more of their leisure time. Less time was invested in household activities, such as home maintenance, renovations and pet care, which could be due to greater time efficiency or the outsourcing of these activities to third parties. There was also a significant decrease in time spent on educational activities, with less time spent attending class and doing homework.

The Daily Grind
Average time spent per daily activity in 2014


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