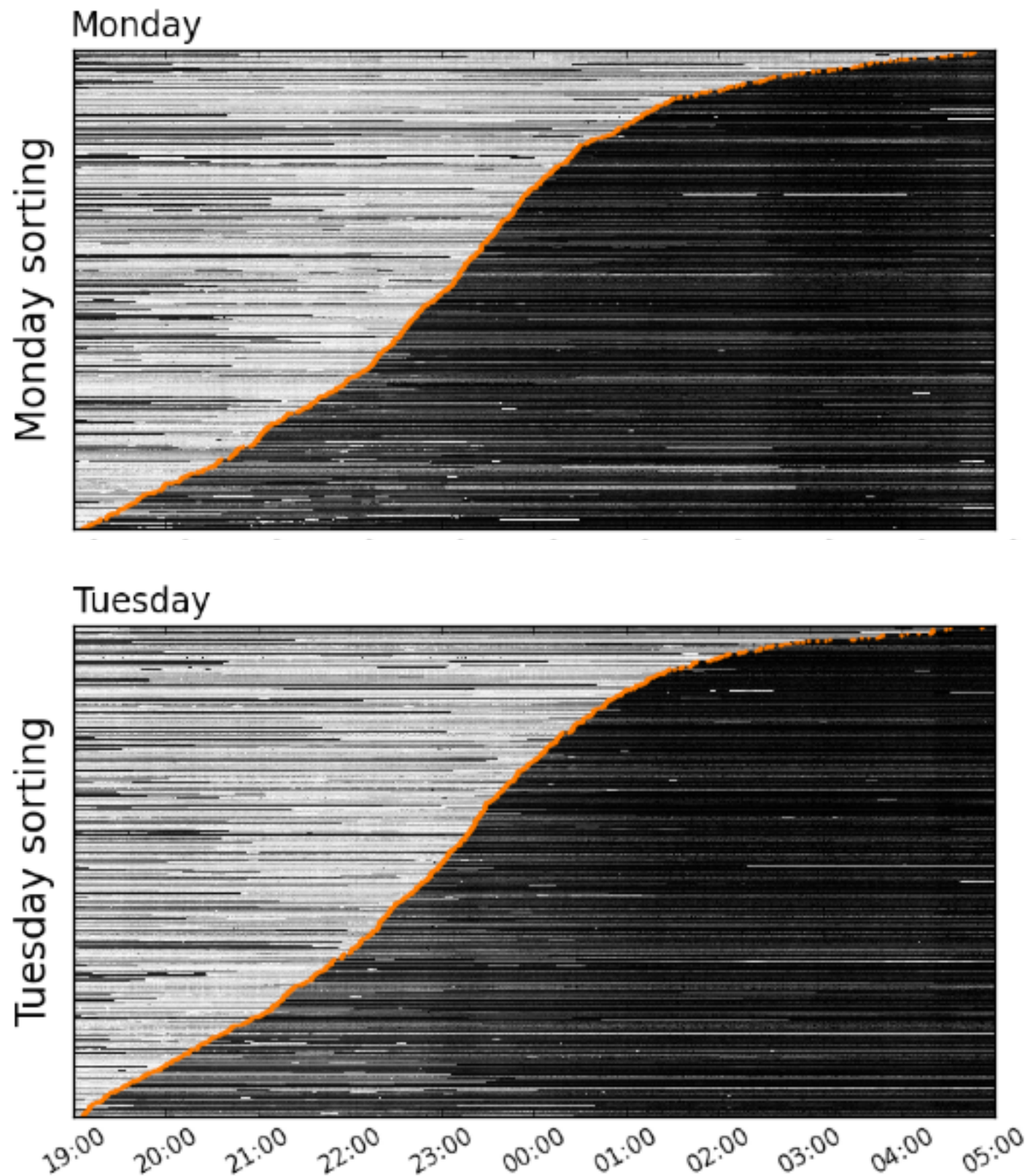


# Creatures of habit?



The distribution of off times has a very clear pattern. This is aggregate behavior of the population as measured via observations “from a distance” as opposed to survey (or obtrusive forms of monitoring) methodology.

Question:

**are people creatures of habit?**

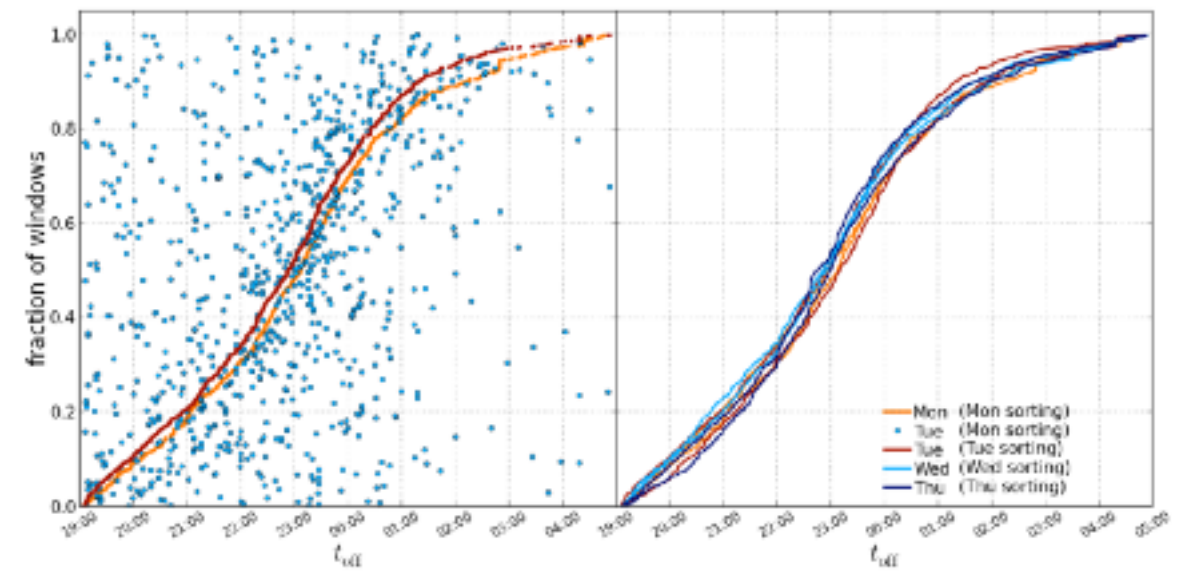
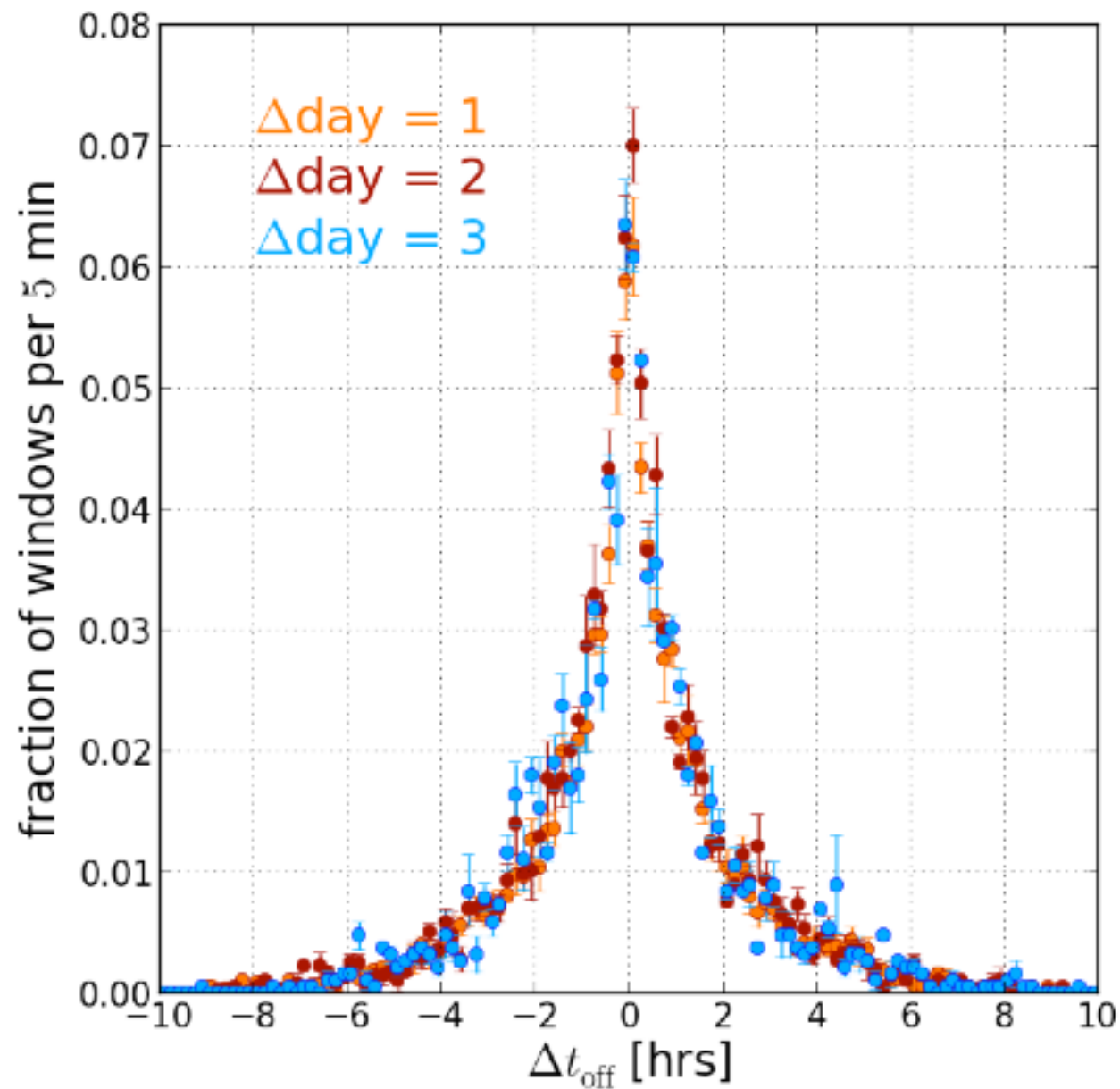
Answer #1: NO!

Answer #2: YES!

Answer:

**society is a creature of habit,  
individuals are not.**

# How random is random for individuals?



The main discovery consists of two parts:

- **societal behavior is regular and repeatable**
- **individual behavior is not**

which leads to two questions:

1.) does the randomness of individuals increase with time?

**No! The “decoherence” does not increase with time.**

2.) what fraction of people **are** creatures of habit?

**~20% have big off times within 15 min of the first day**

**~50% have big off times within 1 hr of the first day**