

# A lonely year

Average time spent per day during waking hours, May through  
December in 2020 vs. 2019

2019 8 hours 2020



Alone

6 hours

+57 min.

4 hours

+31 min.

2 hours

-1 hour and 33 min.

No Time

With people  
outside  
household

With  
household  
members only