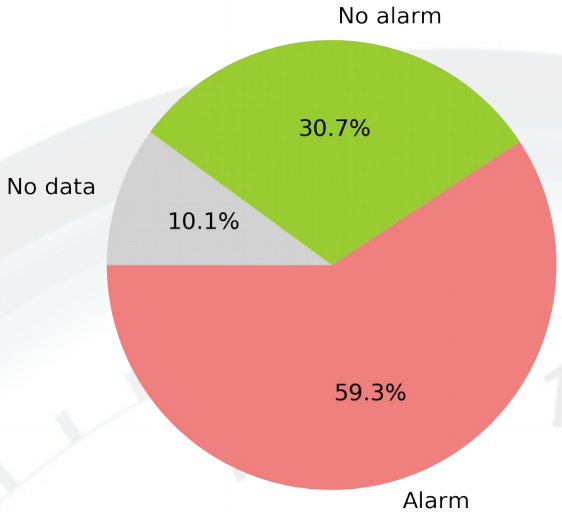
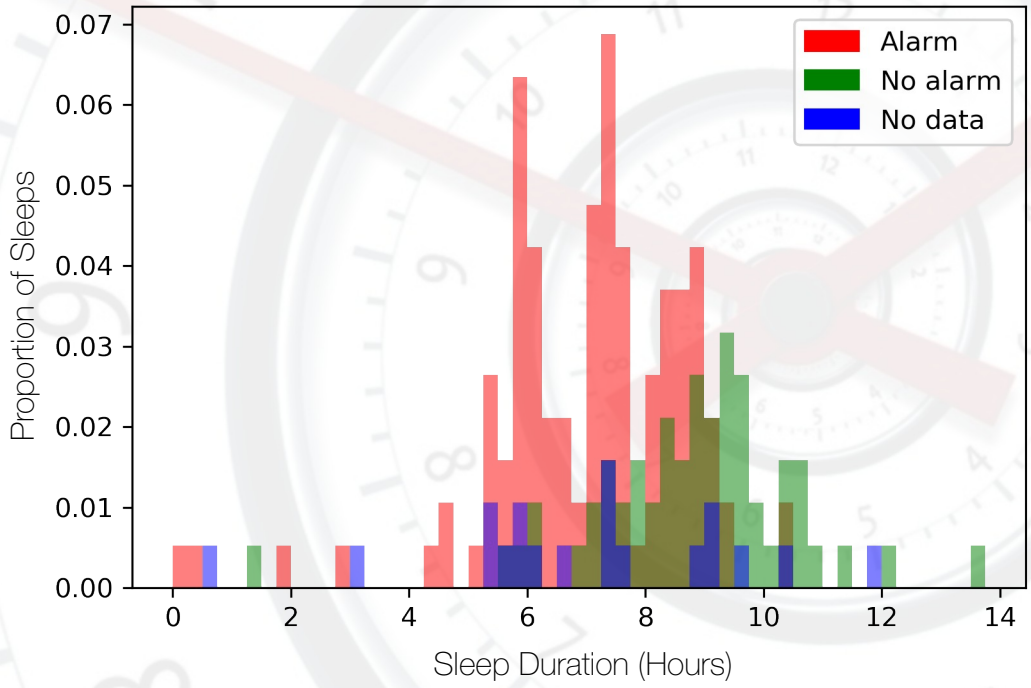
Anthony In Numbers

I try to stay conscious of time. It is one of our most finite resources. I have been collecting data on how I use my time for a while now. Here it is:

Sleep



Most of us wake up via alarm on most days. I wake up via alarm on 59.3% of days. But what relationship is there between having an alarm set and sleep duration?

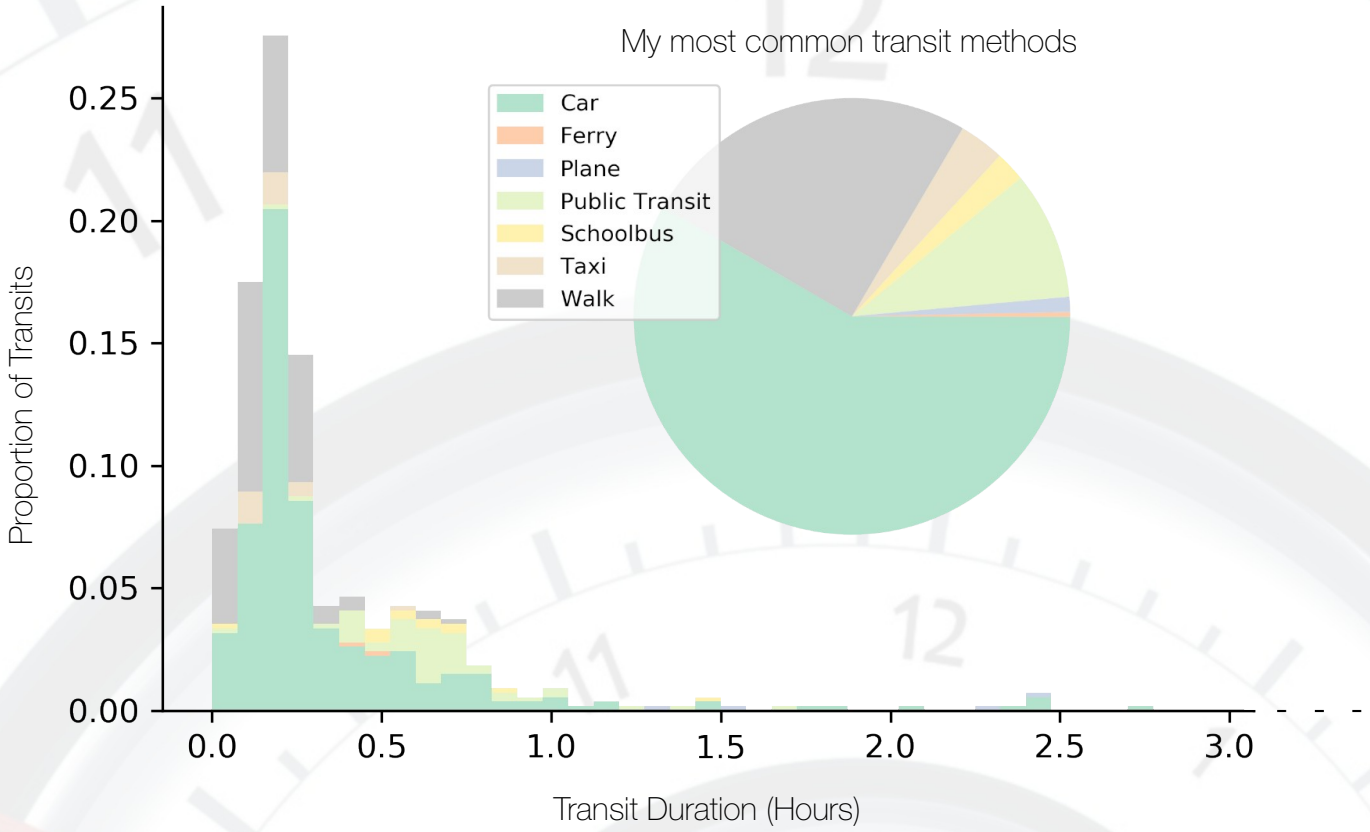


It seems that, when left to my own devices, I tend to sleep around 9 hours. There is also a slight peak at around 10 hours and 30 minutes. These data reinforce the idea that one's sleep cycles are generally 1 hour and 30 minutes long—and that teenagers require lots of sleep.

The sharp peaks in the alarm-controlled sleeps reflect my tendency to set alarms in accordance with that standard sleep cycle.

Note: sleeps of <4 hours, for me, generally reflect naps.

Travel

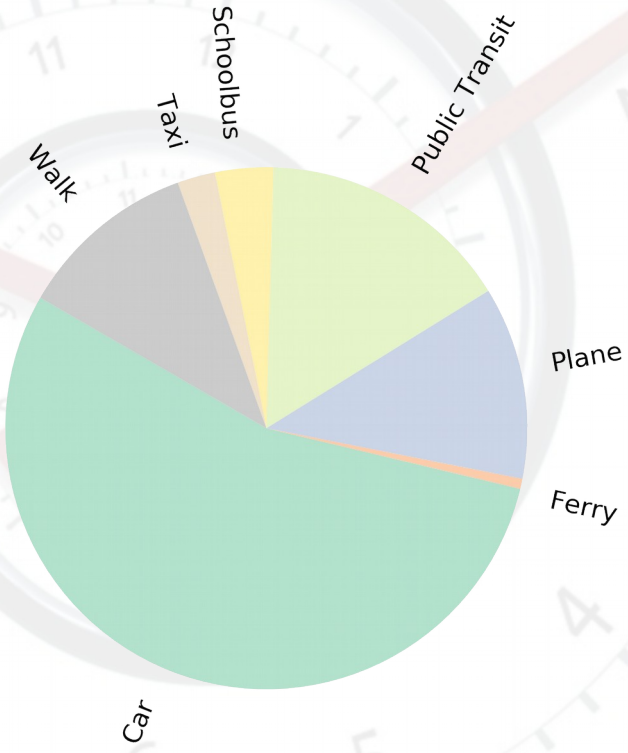


We use many different methods to get to the places we need to go. But which do we use most?

I get places most often by car. In second place is walking, and in third is public transit.

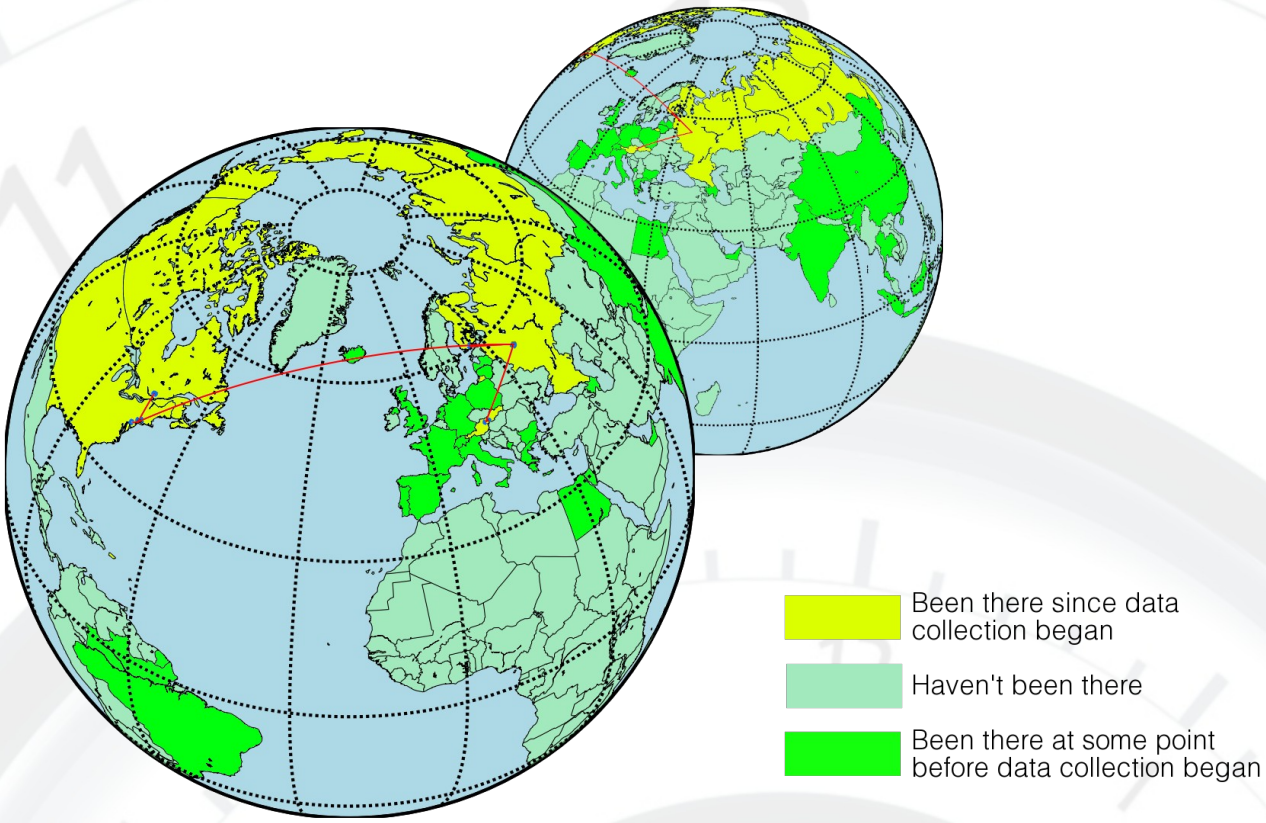
Most of my transits are less than fifteen minutes long. Much of this is due to the short time it takes me to go to and from school. I use public transit to go similar distances as I go in car, so the increased mean for that group is likely due to the time inefficiency of public transit.

I use planes relatively infrequently, however, when adjusted for time in transit, they make up a large proportion of my total transit time.



My most common transit methods, adjusted for time in transit.

Places



Austria – <1 day
Canada – 8 days
Finland – 3 days
Russia – 166 days
Slovakia – 3 days
U.S.A. – 8 days

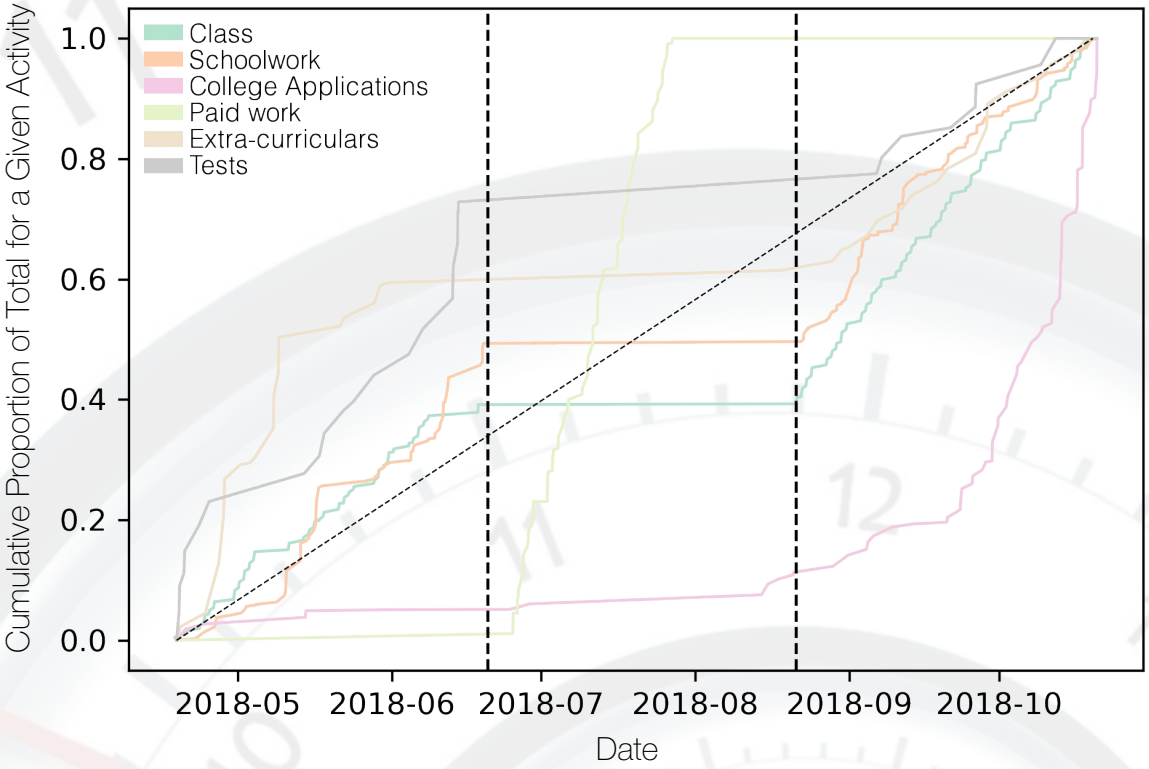
In the past 188 days, I have been to 6 countries. All were in the Northern Hemisphere, and none were outside of Europe and North America.

My travel patterns were hub-and-spoke. The main hub from which my travels originated was Moscow, as that is were I live. Another hub was New York, from which I travelled to Quebec, New Jersey, and Pennsylvania. For me, it is a convenient hub for North American journeys, as it is pretty much the only city with direct flights to Moscow.

I would have liked to have gone to a more diverse set of places in this time period, but at least this allows me to use a glorious orthographic map projection. Silver linings.

ΔT/ΔT

The time I spend on my various activities (the basic unit of categorization in my data) does, obviously, change over time. But how much does it change, and what are the changes caused by?

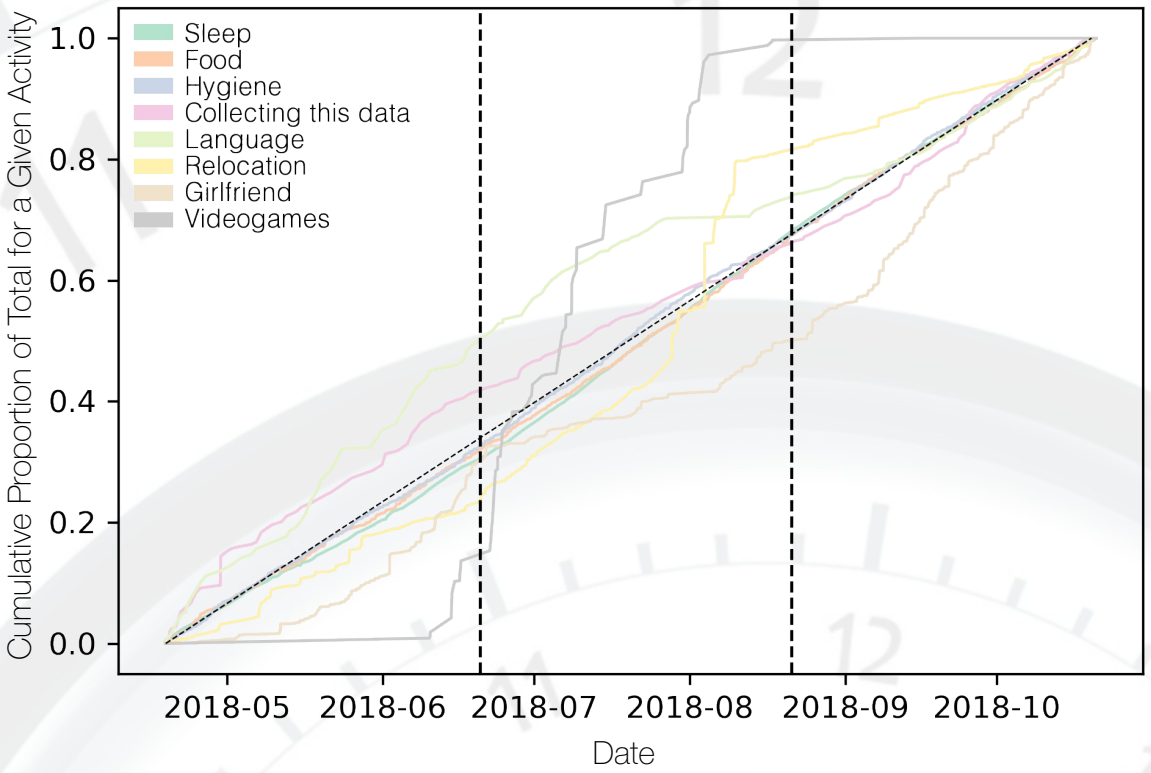


The vertical dashed lines represent summer vacation.

It is clear that the changing amounts of time spent on activities reflect changes in the circumstances of my life and priorities. For example, my time spent on school-related activities during break went down to zero, while my time spent on paid work shot up rapidly. The same happened with extra-curriculars, as they all got tuned back as exam season started.

Also quite interesting are the notches followed by plateaus seen in the plot of time spent on tests. These suggest that, unluckily for us students, tests tend to all happen at around the same time for all of our different classes, leading to a sharp contrast between the weeks with 5 tests and the weeks with none.

ΔT/ΔT



The vertical dashed lines, again, represent summer vacation.

The trends in non-school-related data are more gradual. It is clear from the pink line that, at first, I spent a lot of time figuring out how to collect this data. But, over time, my methodology improved and got significantly more efficient.

There is a significant dip in the time spent with my girlfriend due to the summer, as we were on different continents and could not see each other in person at all. Interestingly, at the same time, my time spent playing videogames drastically increased. Perhaps I used them as an alternative source of dopamine.

The amount of time I spend on sleep, food, and hygiene remains approximately constant, even with drastic changes in my day-to-day life. It appears that necessary activities are relatively unchanging in terms of time spent.

Code available on GitHub

Note: Some parts of the code are recycled code of recycled code of code I wrote at work.

We can neither confirm nor deny the allegations of a "lack of documentation"