Average Hrs per Day Sleeping by Age & Sex

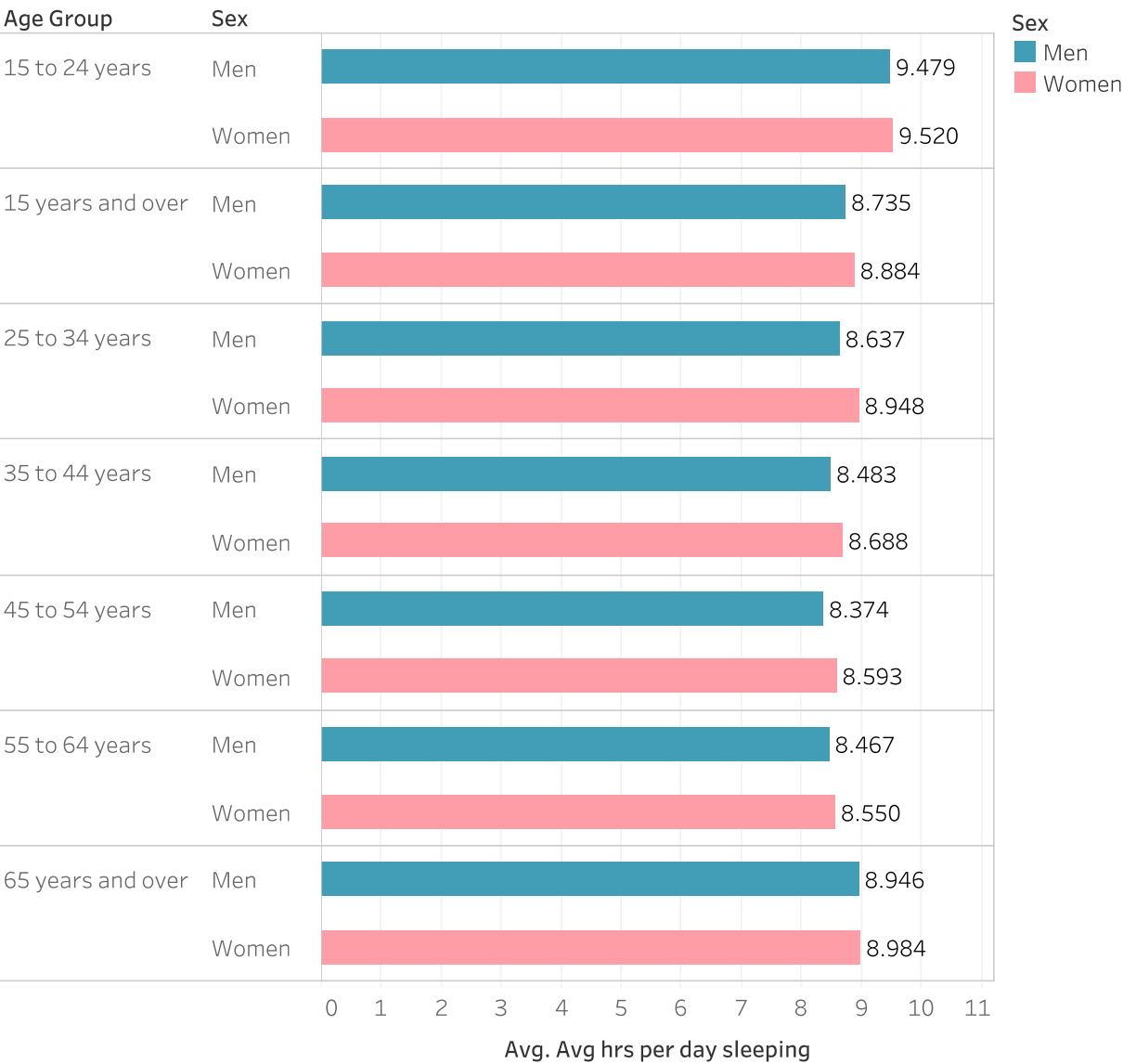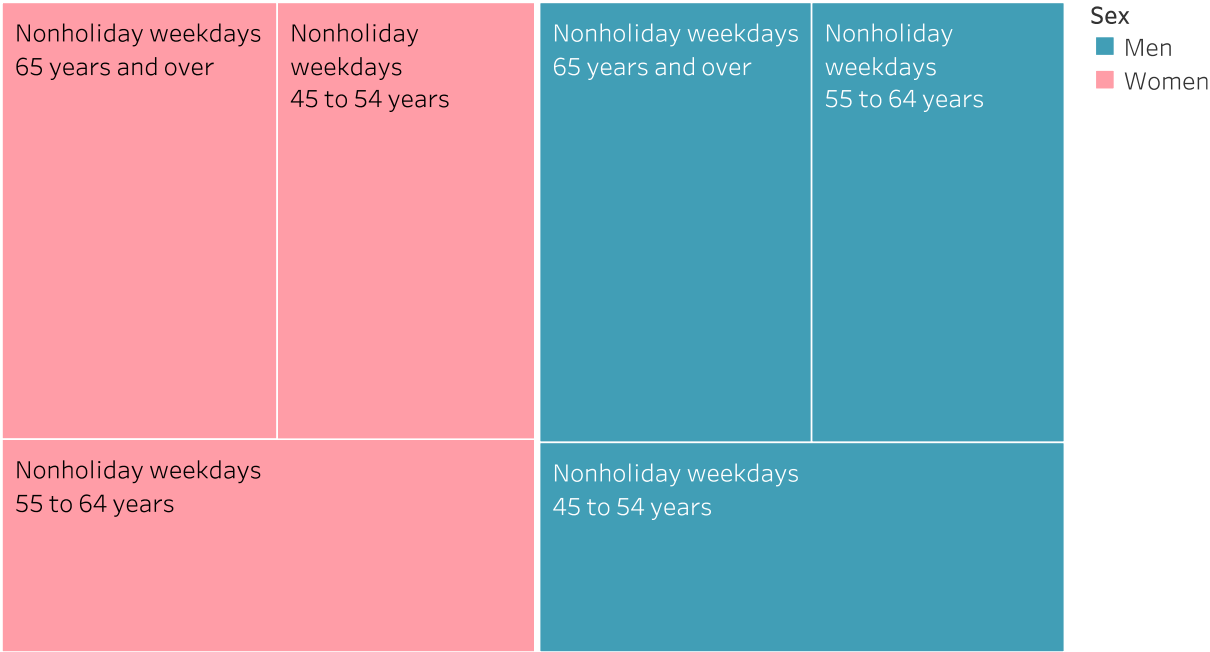| Age Group	Sex	Avg hrs per day sleeping
15 to 24 years	Men	9.479
	Women	9.520
15 years and over	Men	8.735
	Women	8.884
25 to 34 years	Men	8.637
	Women	8.948
35 to 44 years	Men	8.483
	Women	8.688
45 to 54 years	Men	8.374
	Women	8.593
55 to 64 years	Men	8.467
	Women	8.550
65 years and over	Men	8.946
	Women	8.984

Avg. Avg hrs per day sleeping
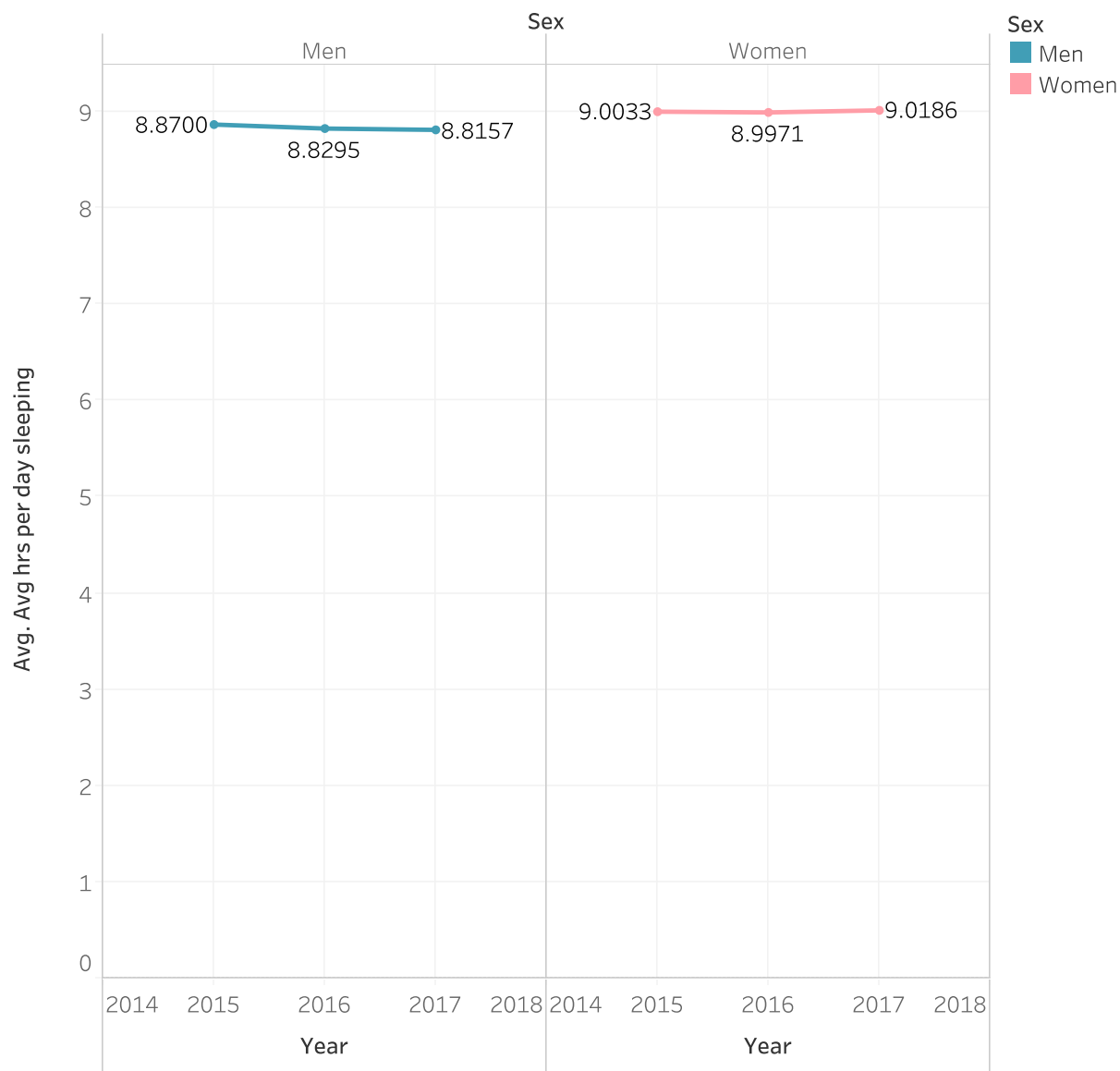
Sex
- Men
- Women

Average of Avg hrs per day sleeping for each Sex broken down by Age Group. Color shows details about Sex. The marks are labeled by average of Avg hrs per day sleeping. The view is filtered on Sex, which keeps Men and Women.

Max. Average Hrs per Day Sleeping on Nonholiday Weekdays

Nonholiday weekdays 65 years and over

Nonholiday weekdays 45 to 54 years

Nonholiday weekdays 65 years and over

Nonholiday weekdays 55 to 64 years

Nonholiday weekdays 55 to 64 years

Nonholiday weekdays 45 to 54 years

Type of Days and Age Group. Color shows details about Sex. Size shows maximum of Avg hrs per day sleeping. The marks are labeled by Type of Days and Age Group. The view is filtered on Type of Days, Sex and Age Group. The Type of Days filter keeps Nonholiday weekdays. The Sex filter keeps Men and Women. The Age Group filter keeps 45 to 54 years, 55 to 64 years and 65 years and over.
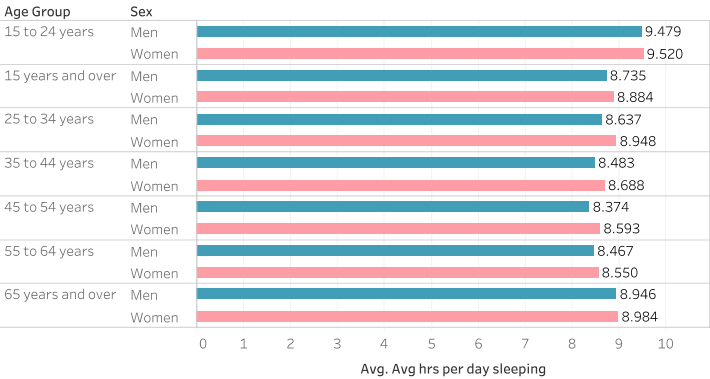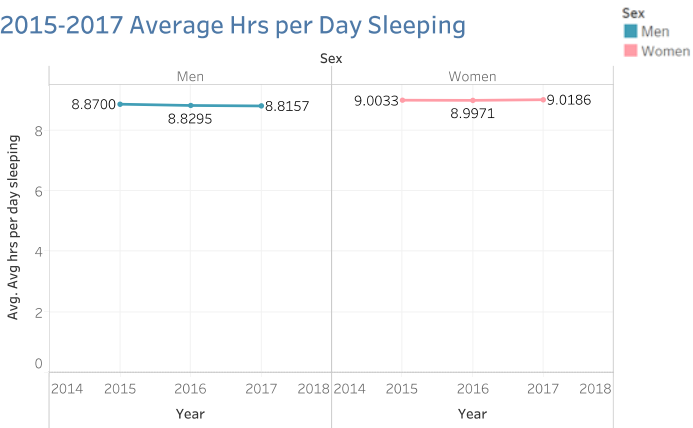
2015-2017 Average Hrs per Day Sleeping

The trend of average of Avg hrs per day sleeping for Year broken down by Sex. Color shows details about Sex. The marks are labeled by average of Avg hrs per day sleeping. The view is filtered on Year and Sex. The Year filter ranges from 2015 to 2017. The Sex filter keeps Men and Women.
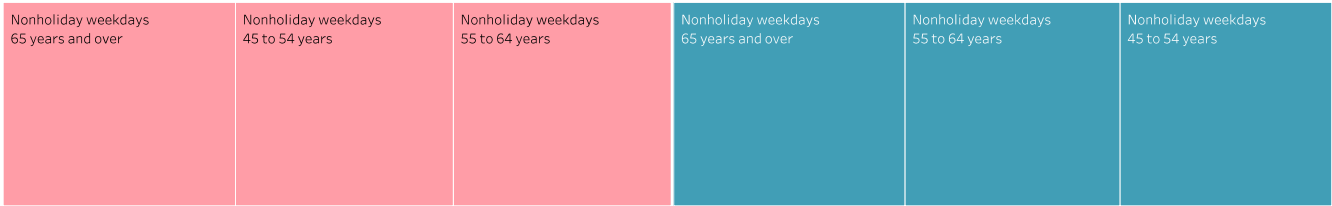
Time Americans Spend Sleeping

Average Hrs per Day Sleeping by Age & Sex

Age Group	Sex	Avg. Avg hrs per day sleeping
15 to 24 years	Men	9.479
	Women	9.520
15 years and over	Men	8.735
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55 to 64 years	Men	8.467
	Women	8.550
65 years and over	Men	8.946
	Women	8.984

2015-2017 Average Hrs per Day Sleeping

Sex

Men
8.8700   8.8295   8.8157

Women
9.0033   8.9971   9.0186

Avg. Avg hrs per day sleeping / Year

Sex
■ Men
■ Women

Max. Average Hrs per Day Sleeping on Nonholiday Weekdays

| Nonholiday weekdays 65 years and over | Nonholiday weekdays 45 to 54 years | Nonholiday weekdays 55 to 64 years | Nonholiday weekdays 65 years and over | Nonholiday weekdays 55 to 64 years | Nonholiday weekdays 45 to 54 years |

Type of Days and Age Group. Color shows details about Sex. Size shows maximum of Avg hrs per day sleeping. The marks are labeled by Type of Days and Age Group. The view is filtered on Type of Days, Sex and Age Group. The Type of Days filter keeps Nonholiday weekdays. The Sex filter keeps Men and Women. The Age Group filter keeps 45 to 54 years, 55 to 64 years and 65 years and over.