STATISTICS :

Sleep :

* 0-5 years: 12-15 hours per day. At this age, children need a lot of sleep for growth and development.
* 5-10 years: 10-12 hours per day. For school-aged children, sleep is important along with play and studies.
* 10-15 years: 8-10 hours per day. Adolescents need adequate sleep for proper development.
* 15-20 years: 7-9 hours per day. Most teens and young adults start sleeping a bit less.
* 20-25 years: 7-9 hours per day. At this age, it's important to balance sleep with work or education.
* 25-30 years: 7-8 hours per day. This is the standard amount of sleep recommended for adults.
* 30-35 years: 7-8 hours per day. Family and work responsibilities often affect sleep.
* 35-40 years: 7-8 hours per day. Stress factors may lower sleep quality.
* 40-45 years: 7-8 hours per day. Paying attention to sleep hygiene is essential.
* 45-50 years: 7-8 hours per day. The aging process begins gradually.
* 50-55 years: 7-8 hours per day. Sleep quality may slightly decline.
* 55-60 years: 7-8 hours per day. Creating a comfortable sleep environment becomes important.
* 60 years and above: 6-7 hours per day. Short naps during the day may be common.

For broader categories:

* 0-10 years: Children generally sleep 10-14 hours per day, essential for growth and development.
* 10-20 years: Adolescents need 8-10 hours per day, with slight reductions as they age.
* 20-30 years: Adults typically sleep 7-9 hours per day, with stable sleep patterns.
* 30-50 years: The recommended sleep is 7-8 hours per day, though stress and workload may affect it.
* 50-70 years: Sleep quality may decline with age, but 7-8 hours per day remains important.
* 70 years and above: Older adults typically sleep 6-7 hours per day, with short daytime naps being common.  
    
    
    
  **WORK / STUDY :**
* **Work:**

1. Young Adults (15-24 years): This group often includes students and part-time workers. On average, they work fewer hours per day compared to older age groups, typically around 4-6 hours.
2. Prime Working Age (25-54 years): This group represents the majority of the workforce. They tend to work full-time, averaging 8-9 hours per day.
3. Older Workers (55-64 years): As individuals approach retirement, their working hours may decrease slightly, averaging around 6-8 hours per day.
4. Retirement Age (65+ years): Many in this age group are retired, but those who continue to work often do so part-time, averaging 3-5 hours per day.

**Study:**

* Children (6-12 years): On average, children in this age group spend about 4-6 hours per day on school-related activities, including classroom time and homework.
* Teenagers (13-18 years): High school students often dedicate 6-8 hours per day to studying, which includes school hours and additional time for homework or exam preparation.
* Young Adults (19-24 years): University students typically spend 4-6 hours per day on academic activities, though this can vary depending on their course load and field of study.
* Adults (25+ years): Adults engaged in further education or professional development may spend 2-4 hours per day studying, often balancing this with work or other responsibilities.

https://www.bls.gov/charts/american-time-use/activity-by-age.htm

<https://ourworldindata.org/time-use>