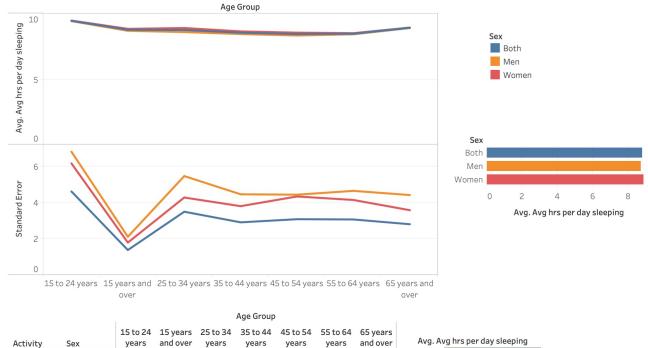
## Average Time American Spend Sleeping per day

File created on: 1/28/22 2:10:41 AM EST

## Average Time American Spend Sleeping Overview



		Age Group						
		15 to 24	15 years	25 to 34	35 to 44	45 to 54	55 to 64	65 years
Activity	Sex	years	and over	years	years	years	years	and over
Sleeping	Both	9.499	8.812	8.794	8.588	8.485	8.510	8.967
	Men	9.479	8.735	8.637	8.483	8.374	8.467	8.946
	Women	9.520	8.884	8.948	8.688	8.593	8.550	8.984