Time use on an average weekday for full-time university and college students

- Sleeping (8.4 hours)
- Leisure and sports (3.6 hours)
- Other (2.2 hours)
- Traveling (1.5 hours)
- Educational activities (3.4 hours)
- Working and related activities (3.0 hours)
- Eating and drinking (1.1 hour)
- Grooming (0.8 hour)

Total = 24.0 hours

NOTE: Data include individuals, ages 15 to 49, who were enrolled full time at a university or college. Data include non-holiday weekdays and are averages for 2006-10.