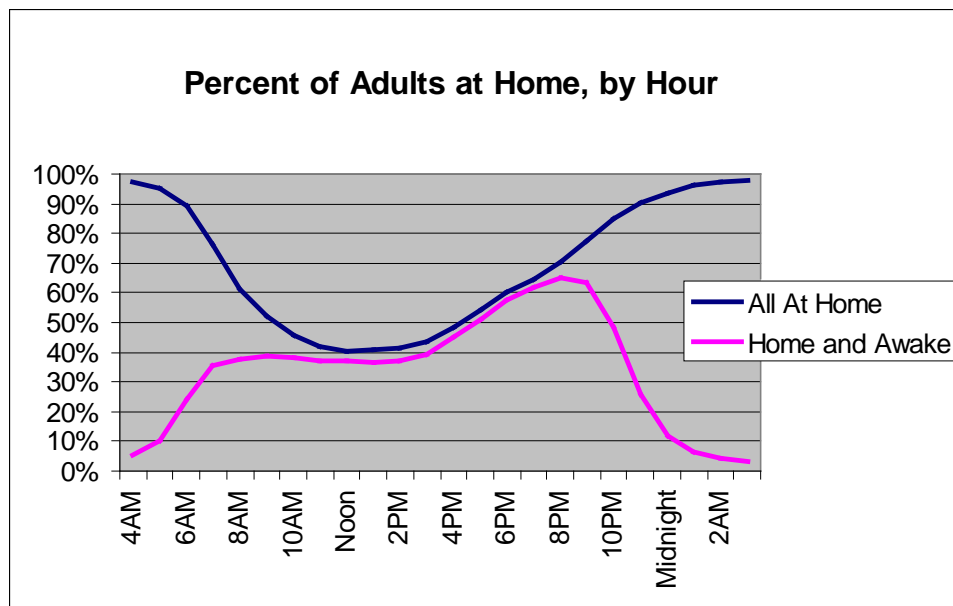


Who's Home?

Jack Goodman
The Time Use Institute
jackgoodman@timeuseinstitute.org
703/527-6478
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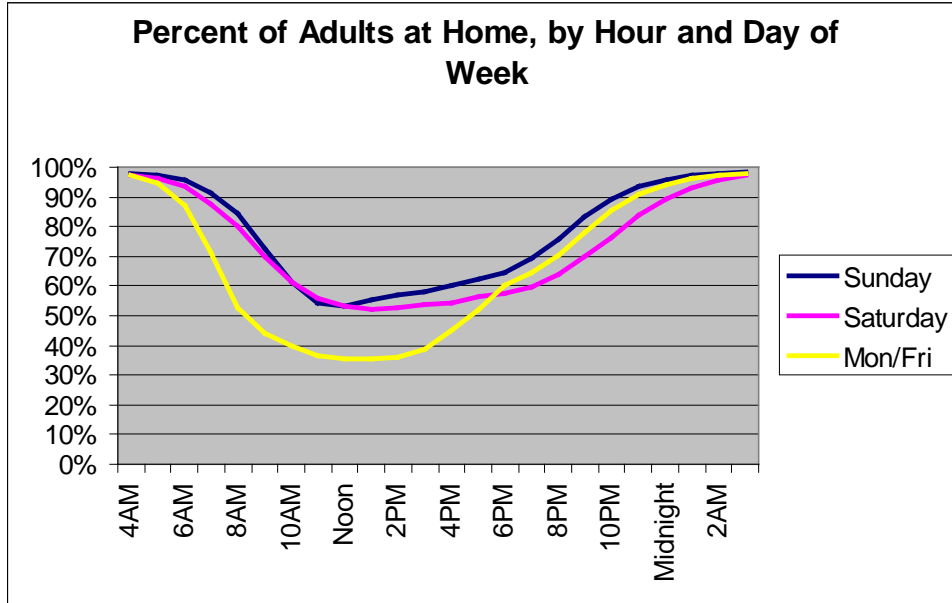
What's the best time to catch someone at home? And not wake him or her up? Schedules vary a lot from person to person, but there are some persistent differences across segments of the population. Here are some highlights for a representative sample of U.S. adults, calculated from the American Time Use Surveys for 2003 through 2008. (See the technical notes at the end for more on the data source and calculations.)

To begin, there is a big distinction between when someone is home and when they are home and awake. Look at the chart below:

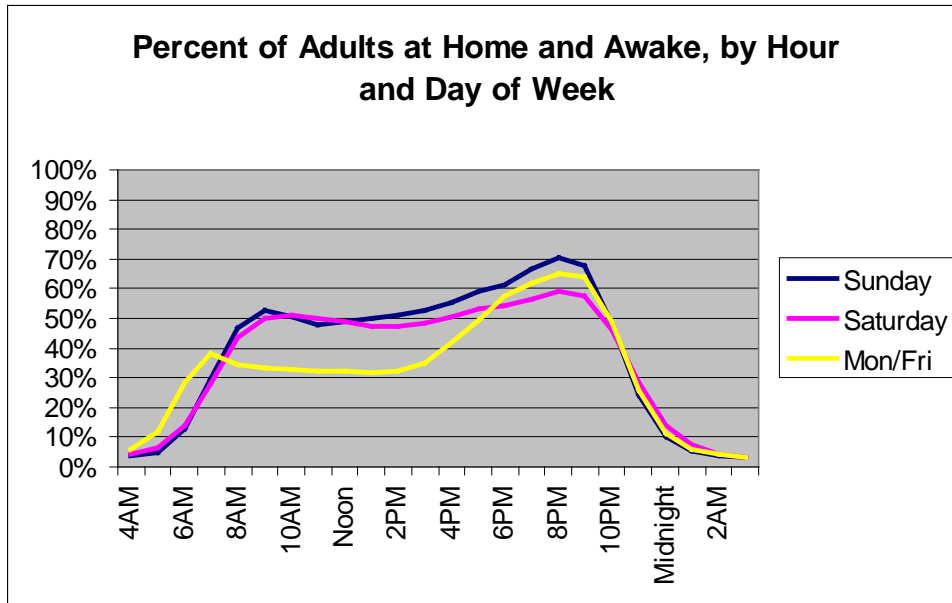


At least 90 percent of all adults are home between 11pm and 7am, but during the early afternoon only about 40 percent are home. There are a few daytime nappers, but most everyone home during the day is awake. But in the evening, people start heading to be in large numbers around 10pm, and from midnight to 5am 10 percent or fewer of all adults are at home and awake. At 8pm, 65 percent of all adults are at home and awake, the highest percentage over the 24 hour day.

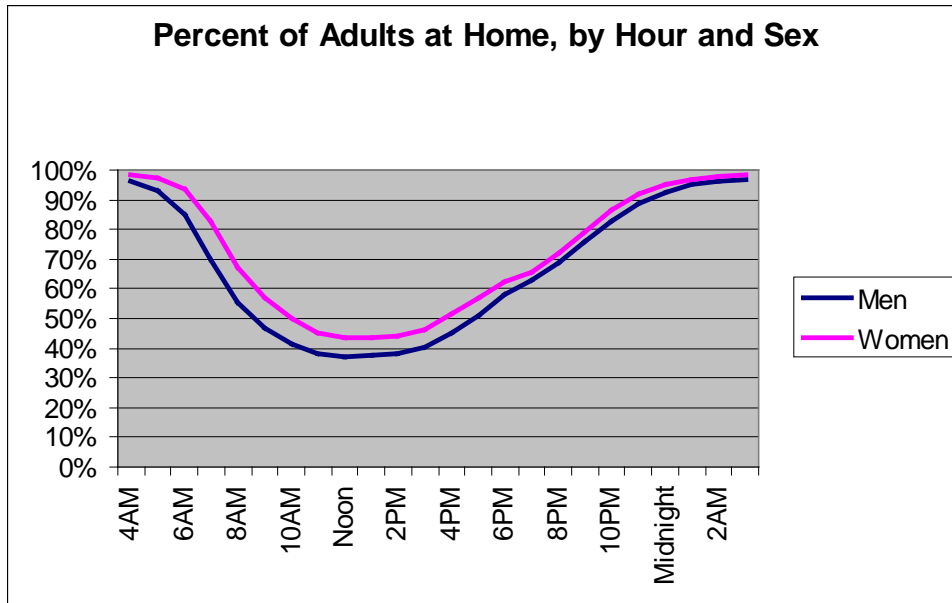
Not surprisingly, location and sleeping habits vary by day of the week. People are less likely to be home during the day on weekdays than on weekends, but Saturday nights find fewer adults at home than other nights of the week.



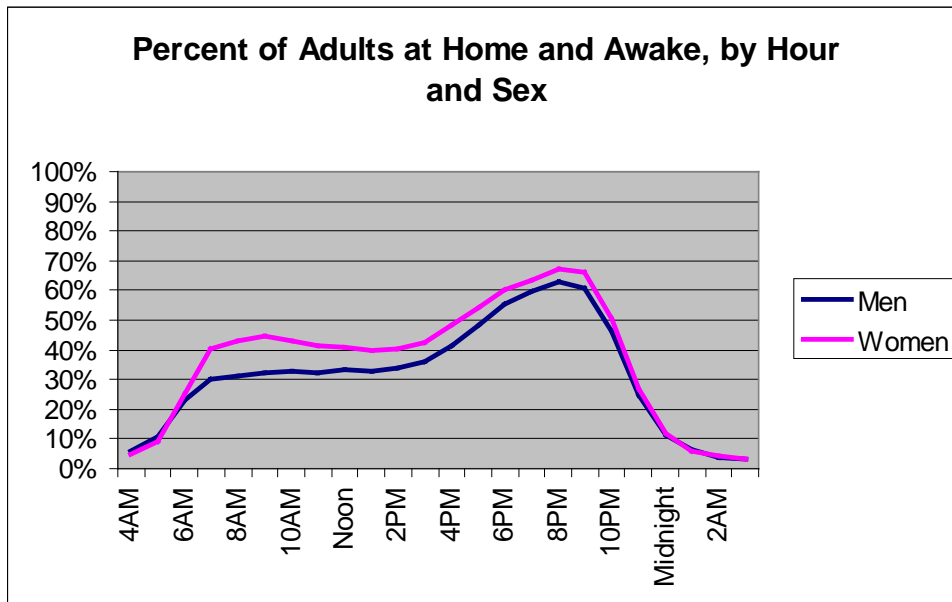
If you want to find someone home and awake, try Sunday evening, when at 8pm 71 percent of all adults are at home and awake.



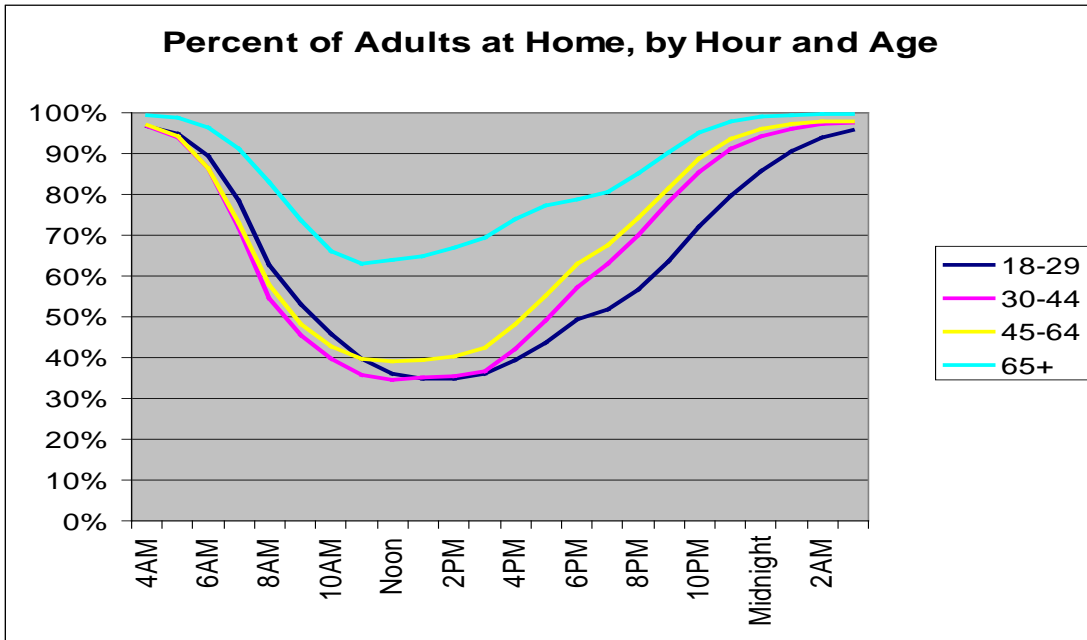
Men are less likely to be at home at any hour than are women, at least partly because of their greater labor force participation.



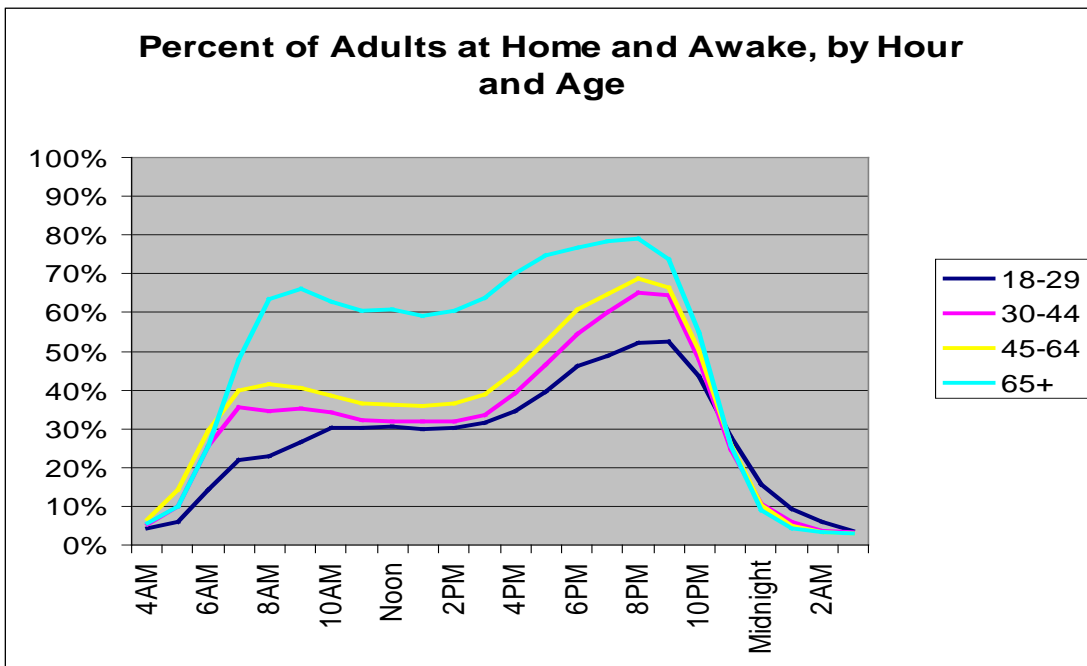
Also, from early morning into the evening hours, men are less likely than women to be both home and awake.



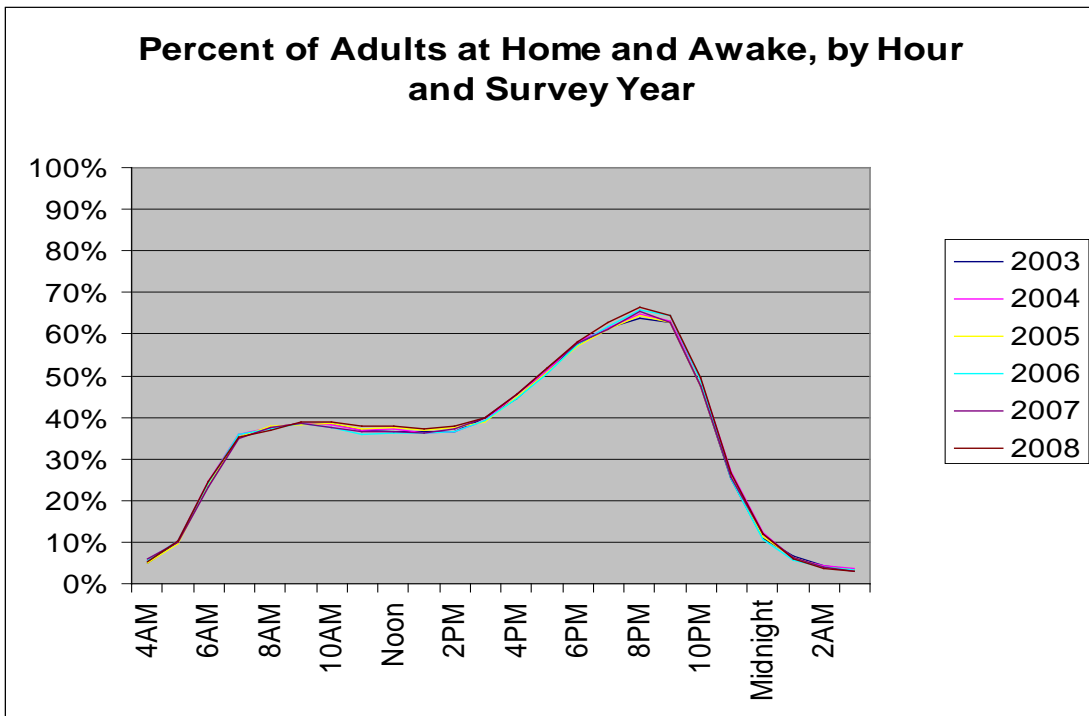
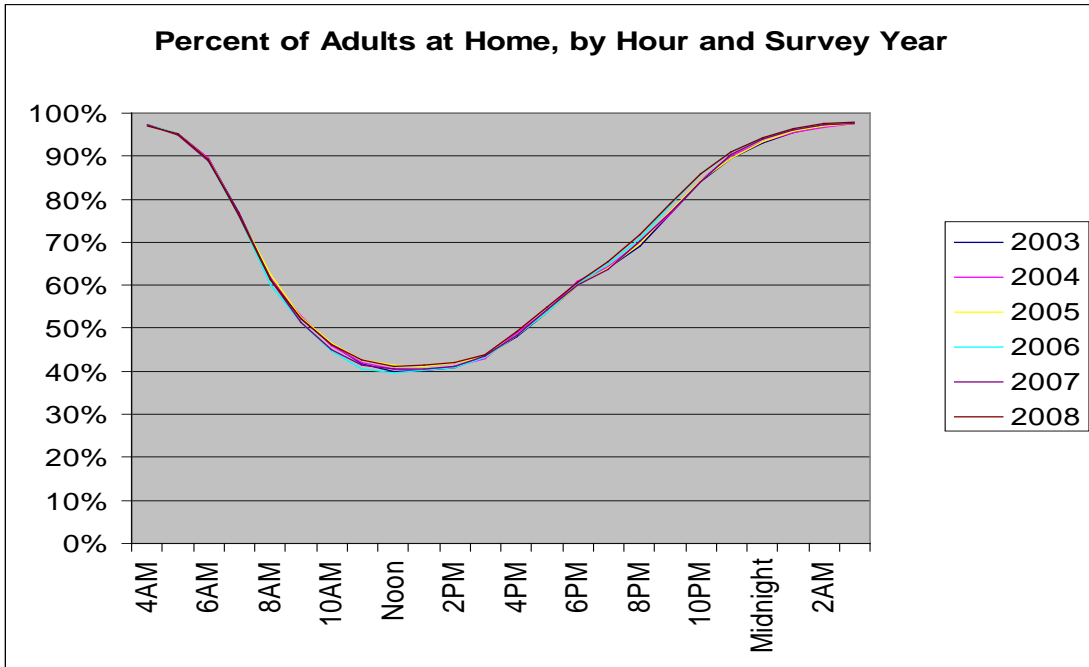
Age matters too. The elderly are much more likely to be at home during the day and evening than are other age groups. In general, the younger the age, the less likely to be home, although young adults appear to leave the home a little later in the morning than middle age adults do.



The age pattern is generally maintained when the focus is on those awake at home, although the evidence from these two charts combined is that young adults are sleeping in later than middle age adults.



Lastly, there does not appear to have been any trend over the middle part of the decade in time spent at home, or home and awake, judging from the similarity in results for each of the survey years 2003 through 2008.



Appendix: Technical Notes

All the estimates presented in this paper are by the Time Use Institute and are derived from data from the U.S. Department of Labor's American Time Use Survey (ATUS) for 2003 through 2008. Each year a representative sample of U.S. adults age 15 and over is asked to record their use of time, minute by minute, over a twenty four hour period on a specified day. Activities are coded into detailed categories, along with additional information on where the activity occurred, who else was present, and the demographic characteristics of the respondent. The estimates in this paper are based on the pooled sample of approximately 85,000 respondents over the entire six years for which data have been released.

Following the ATUS conventions, the tabulations in this paper assume that any report of sleeping, grooming, "personal/private", or activities respondents cannot remember or won't report all occur at home. This paper also considers reports of "sleeplessness" to be sleeping. Other than "sleeping" (512 minutes) and "washing, dressing, and grooming oneself" (40 minutes) these activities combined account for only 8 minutes out of the typical 24 hour (1440 minute) day of the typical U.S. adult, so the possible error in our summary statistics from miscalculating the location of the activity is small. The figures in this paper refer to the activity underway at the top of the hour for each hour during the 24 hour reporting period beginning at 4am.

More information on the American Time Use Survey is available from the U.S. Department of Labor's Bureau of Labor Statistics at www.bls.gov/tus/