

**Table A-9. Waking hours spent alone or with others, by sex and household composition, 2023 annual averages**

Presence of others and household composition <sup>1</sup>	Average hours per day, population			Average percent of population spending time alone or with others present per day		
	Total	Men	Women	Total	Men	Women
<b>Total, all persons</b>						
Total waking hours <sup>2</sup> .....	14.93	15.03	14.83	100.0	100.0	100.0
Alone.....	6.73	7.08	6.40	94.1	94.2	94.0
Others present, not alone.....	7.31	7.20	7.42	89.1	87.7	90.4
With household members present.....	4.24	3.99	4.49	70.4	69.3	71.5
Family members.....	3.96	3.71	4.19	65.6	64.1	67.0
Spouse.....	2.61	2.76	2.46	44.3	45.4	43.2
Own children under 18.....	1.28	1.09	1.45	22.2	20.8	23.4
Non-family household members.....	0.33	0.33	0.34	6.8	7.5	6.2
With nonhousehold members present.....	3.55	3.65	3.44	59.1	57.6	60.7
Family.....	0.70	0.59	0.81	17.7	15.2	20.1
Coworkers or customers.....	1.92	2.21	1.64	26.8	29.6	24.1
Friends, neighbors, and acquaintances.....	0.57	0.56	0.57	16.3	15.3	17.2
Other nonhousehold members.....	0.55	0.47	0.62	17.2	15.2	19.1
Information not collected <sup>3</sup> .....	0.88	0.76	1.00	78.8	75.3	82.1
<b>Persons living alone</b>						
Total waking hours <sup>2</sup> .....	14.91	14.96	14.87	100.0	100.0	100.0
Alone.....	10.39	10.59	10.22	98.6	99.0	98.3
Others present, not alone.....	3.76	3.78	3.75	64.1	61.2	66.8
With household members present.....	—	—	—	—	—	—
With nonhousehold members present.....	3.76	3.78	3.75	64.1	61.2	66.8
Family.....	0.90	0.61	1.17	20.5	14.9	25.6
Coworkers or customers.....	1.60	2.04	1.19	23.7	28.1	19.7
Friends, neighbors, and acquaintances.....	0.83	0.76	0.88	23.4	20.2	26.3
Other nonhousehold members.....	0.61	0.49	0.73	19.1	16.6	21.3
Information not collected <sup>3</sup> .....	0.76	0.59	0.91	78.5	72.3	84.0
<b>Persons living with spouse or partner and no children under 18</b>						
Total waking hours <sup>2</sup> .....	15.05	15.23	14.87	100.0	100.0	100.0
Alone.....	6.13	6.46	5.80	92.4	92.3	92.5
Others present, not alone.....	8.21	8.18	8.23	95.2	94.2	96.3
With household members present.....	5.70	5.66	5.73	89.4	88.4	90.3
Family members.....	5.12	5.12	5.11	79.8	78.8	80.8
Spouse.....	4.99	5.05	4.93	78.7	77.9	79.5
Own children under 18.....	—	—	—	—	—	—
Non-family household members.....	0.59	0.55	0.63	10.0	10.2	9.9
With nonhousehold members present.....	3.17	3.13	3.21	54.5	52.0	56.9
Family.....	0.76	0.63	0.89	18.1	15.0	21.2
Coworkers or customers.....	1.77	1.95	1.58	25.0	27.1	23.0
Friends, neighbors, and acquaintances.....	0.38	0.33	0.43	12.4	10.7	14.0
Other nonhousehold members.....	0.44	0.39	0.50	14.2	13.3	15.0
Information not collected <sup>3</sup> .....	0.71	0.59	0.83	76.2	72.3	80.0
<b>Adults living with children under 18<sup>4</sup></b>						

See footnotes at end of table.

**Table A-9. Waking hours spent alone or with others, by sex and household composition, 2023 annual averages — Continued**

Presence of others and household composition <sup>1</sup>	Average hours per day, population			Average percent of population spending time alone or with others present per day		
	Total	Men	Women	Total	Men	Women
Total waking hours <sup>2</sup> .....	15.10	15.17	15.05	100.0	100.0	100.0
Alone.....	5.15	5.40	4.92	92.6	91.6	93.5
Others present, not alone.....	9.21	9.08	9.32	97.3	96.7	97.9
With household members present.....	6.15	5.65	6.61	91.8	90.2	93.2
Family members.....	6.03	5.52	6.49	90.9	89.2	92.4
Spouse.....	3.14	3.67	2.68	60.0	66.1	54.6
Own children under 18.....	4.21	3.77	4.61	73.2	71.7	74.6
Non-family household members.....	0.27	0.30	0.25	6.0	7.4	4.8
With nonhousehold members present.....	3.71	4.06	3.40	60.2	60.2	60.3
Family.....	0.58	0.55	0.61	16.5	15.9	17.0
Coworkers or customers.....	2.34	2.77	1.95	31.4	34.8	28.4
Friends, neighbors, and acquaintances.....	0.43	0.42	0.43	12.5	12.0	13.0
Other nonhousehold members.....	0.55	0.47	0.62	17.8	14.3	20.8
Information not collected <sup>3</sup> .....	0.75	0.69	0.81	79.2	75.4	82.6

<sup>1</sup> This information was collected by asking people, 'Who was in the room with you?' or 'Who accompanied you?'

<sup>2</sup> Information about who people were with while they slept was not collected and thus this table focuses on times people were awake.

<sup>3</sup> Information about who people were with was not collected for certain non-sleep activities (grooming, personal activities, and attending high school classes) and when respondents did not remember or refused to provide an activity or information about who they were with.

<sup>4</sup> Includes persons 18 years and over living in households with children under 18.

- Not applicable.

Note: Data refer to persons age 15 and over. Time spent with multiple people is counted in all relevant categories.