



Total	Gender		Age			Region				Race			
	Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)

ZYB\_q6. How many hours of free time do you have on a typical weekday (i.e., Monday to Friday)?

	1145	523	622	316	380	449	241	225	408	271	818	101	142	84
Unweighted base	1145	523	622	316	380	449	241	225	408	271	818	101	142	84
Base: All US adults	1127	558	569	352	369	405	244	217	401	265	744	137	165	81
None	3%	4%	3%	3%	4%	3%	5%	0%	3%	4%	3%	1%	7%	2%
Up to one hour	7%	6%	8%	5%	10%	7%	5%	10%	7%	7%	7%	7%	12%	2%
More than one hour up to two hours	15%	17%	14%	18%	16%	11%	18%	11%	14%	19%	16%	10%	13%	23%
More than two hours up to three hours	18%	20%	17%	19%	20%	16%	18%	17%	20%	18%	19%	19%	13%	24%
More than three hours up to four hours	13%	11%	14%	13%	11%	14%	13%	15%	13%	10%	14%	12%	9%	13%
More than four hours up to five hours	8%	6%	10%	8%	8%	8%	9%	8%	9%	7%	8%	9%	9%	8%
More than five hours	29%	31%	26%	23%	25%	37%	26%	31%	28%	31%	29%	30%	31%	19%
Don't know	7%	5%	9%	10%	5%	4%	7%	7%	7%	6%	5%	13%	6%	10%

ZYB\_q7. And how many hours of free time do you have on a typical weekend day (i.e., Saturday and Sunday)?

	1145	523	622	316	380	449	241	225	408	271	818	101	142	84
Unweighted base	1145	523	622	316	380	449	241	225	408	271	818	101	142	84
Base: All US adults	1127	558	569	352	369	405	244	217	401	265	744	137	165	81
None	2%	2%	2%	2%	1%	2%	2%	1%	2%	2%	2%	0%	2%	-
Up to one hour	4%	4%	4%	6%	4%	1%	4%	4%	5%	2%	3%	3%	6%	4%
More than one hour up to two hours	8%	9%	7%	11%	9%	5%	8%	7%	8%	10%	8%	4%	9%	10%
More than two hours up to three hours	13%	14%	11%	13%	15%	10%	12%	13%	12%	13%	13%	18%	10%	8%
More than three hours up to four hours	10%	9%	11%	9%	12%	9%	9%	11%	10%	10%	10%	13%	6%	12%
More than four hours up to five hours	12%	12%	12%	10%	13%	13%	14%	9%	12%	13%	13%	9%	9%	19%
More than five hours	45%	46%	45%	41%	39%	55%	42%	50%	45%	44%	46%	42%	51%	36%
Don't know	6%	4%	8%	9%	6%	4%	7%	5%	6%	7%	5%	11%	7%	11%

ZYB\_q8. What time do you go to bed on a typical weekday (i.e., Monday to Friday)?

	1145	523	622	316	380	449	241	225	408	271	818	101	142	84
Unweighted base	1145	523	622	316	380	449	241	225	408	271	818	101	142	84
Base: All US adults	1127	558	569	352	369	405	244	217	401	265	744	137	165	81
Between 6pm and 6:59pm	1%	2%	0%	2%	0%	1%	1%	1%	1%	2%	1%	-	2%	3%
Between 7pm and 7:59pm	1%	1%	1%	2%	1%	2%	1%	2%	1%	2%	1%	1%	0%	2%
Between 8pm and 8:59pm	14%	15%	14%	10%	14%	18%	13%	15%	14%	16%	16%	16%	10%	10%
Between 9pm and 10:59pm	24%	23%	26%	21%	26%	26%	27%	23%	23%	26%	25%	22%	22%	25%
Between 11pm and 11:59pm	24%	22%	27%	22%	23%	27%	25%	26%	24%	23%	24%	25%	23%	28%
Between 12am and 12:59am	13%	15%	11%	12%	16%	11%	11%	13%	17%	8%	13%	15%	15%	8%
Between 1am and 1:59am	6%	6%	6%	9%	5%	5%	7%	5%	7%	6%	6%	6%	8%	8%
Between 2am and 2:59am	3%	4%	2%	4%	2%	3%	4%	2%	4%	2%	4%	-	4%	-
Between 3am and 3:59am	2%	3%	1%	3%	2%	2%	3%	1%	2%	4%	2%	3%	3%	3%
Between 4am and 4:59am	2%	2%	2%	3%	2%	1%	0%	3%	2%	2%	1%	-	6%	1%
Other	1%	1%	1%	1%	2%	0%	1%	1%	0%	1%	1%	1%	1%	1%
Not applicable - I do not go to bed at any particular time on weekdays	7%	6%	8%	9%	7%	5%	7%	9%	5%	8%	6%	11%	6%	9%

ZYB\_q10. And what time do you go to bed on a typical weekend day (i.e., Saturday and Sunday)?

	1145	523	622	316	380	449	241	225	408	271	818	101	142	84
Unweighted base	1145	523	622	316	380	449	241	225	408	271	818	101	142	84
Base: All US adults	1127	558	569	352	369	405	244	217	401	265	744	137	165	81
Between 6pm and 6:59pm	1%	1%	0%	1%	0%	0%	1%	1%	0%	1%	1%	-	1%	2%
Between 7pm and 7:59pm	1%	2%	1%	3%	1%	0%	2%	1%	1%	1%	1%	-	1%	6%
Between 8pm and 8:59pm	9%	11%	8%	7%	8%	13%	8%	10%	8%	13%	10%	7%	9%	5%
Between 9pm and 10:59pm	18%	17%	19%	12%	18%	23%	19%	16%	16%	21%	20%	15%	12%	16%
Between 11pm and 11:59pm	23%	20%	26%	17%	24%	27%	22%	20%	25%	23%	24%	27%	18%	22%
Between 12am and 12:59am	16%	18%	15%	15%	19%	15%	17%	17%	19%	11%	16%	17%	18%	13%
Between 1am and 1:59am	10%	8%	11%	12%	10%	8%	11%	12%	8%	7%	10%	5%	12%	11%
Between 2am and 2:59am	7%	7%	6%	13%	4%	4%	6%	6%	8%	6%	6%	8%	10%	5%
Between 3am and 3:59am	3%	4%	2%	3%	3%	2%	4%	3%	3%	3%	3%	1%	6%	1%
Between 4am and 4:59am	3%	3%	2%	4%	3%	2%	3%	2%	3%	2%	2%	3%	6%	5%
Other	0%	0%	1%	0%	1%	1%	1%	1%	0%	0%	0%	-	1%	-
Not applicable - I do not go to bed at any particular time on weekdays	9%	8%	10%	13%	8%	6%	8%	11%	7%	11%	7%	16%	7%	14%



**YouGovNY  
Parenting**

US\_nat Sample: 12th - 13th June 2017



Total	Children under the age of 18		Income			
	Yes	No	Under \$40k	\$40k to \$80k	\$80k+	Prefer not to say

**ZYB\_q6. How many hours of free time do you have on a typical weekday (i.e., Monday to Friday)?**

	1145	297	848	405	345	236	159
Unweighted base	1145	297	848	405	345	236	159
<b>Base: All US adults</b>	1127	287	839	424	325	217	161
None	3%	5%	3%	5%	2%	3%	4%
Up to one hour	7%	16%	4%	8%	6%	7%	7%
More than one hour up to two hours	15%	23%	12%	14%	16%	20%	10%
More than two hours up to three hours	18%	20%	18%	17%	19%	25%	13%
More than three hours up to four hours	13%	9%	14%	10%	16%	15%	9%
More than four hours up to five hours	8%	7%	9%	8%	8%	7%	8%
More than five hours	29%	16%	33%	31%	29%	21%	34%
Don't know	7%	5%	7%	7%	4%	3%	16%

**ZYB\_q7. And how many hours of free time do you have on a typical weekend day (i.e., Saturday and Sunday)?**

	1145	297	848	405	345	236	159
Unweighted base	1145	297	848	405	345	236	159
<b>Base: All US adults</b>	1127	287	839	424	325	217	161
None	2%	2%	2%	2%	2%	1%	1%
Up to one hour	4%	8%	2%	5%	3%	4%	2%
More than one hour up to two hours	8%	15%	6%	8%	9%	9%	7%
More than two hours up to three hours	13%	19%	10%	14%	13%	11%	9%
More than three hours up to four hours	10%	13%	9%	10%	11%	11%	8%
More than four hours up to five hours	12%	13%	12%	11%	12%	15%	11%
More than five hours	45%	26%	52%	43%	47%	47%	44%
Don't know	6%	4%	7%	6%	4%	2%	18%

**ZYB\_q8. What time do you go to bed on a typical weekday (i.e., Monday to Friday)?**

	1145	297	848	405	345	236	159
Unweighted base	1145	297	848	405	345	236	159
<b>Base: All US adults</b>	1127	287	839	424	325	217	161
Between 6pm and 6:59pm	1%	1%	1%	2%	1%	1%	1%
Between 7pm and 7:59pm	1%	1%	1%	2%	2%	2%	-
Between 8pm and 8:59pm	14%	15%	14%	15%	15%	17%	7%
Between 9pm and 9:59pm	24%	30%	23%	18%	28%	35%	19%
Between 10pm and 10:59pm	24%	23%	25%	25%	23%	23%	27%
Between 11pm and 11:59pm	13%	13%	13%	16%	13%	10%	10%
Between 12am and 12:59am	6%	8%	6%	7%	7%	6%	5%
Between 1am and 1:59am	3%	2%	3%	3%	4%	2%	3%
Between 2am and 2:59am	2%	1%	3%	2%	3%	2%	2%
Between 3am and 3:59am	2%	2%	2%	3%	2%	-	2%
Between 4am and 4:59am	1%	1%	1%	1%	0%	1%	2%
Other	7%	5%	8%	7%	3%	1%	22%
Not applicable - I do not go to bed at any particular time on weekdays							

**ZYB\_q10. And what time do you go to bed on a typical weekend day (i.e., Saturday and Sunday)?**

	1145	297	848	405	345	236	159
Unweighted base	1145	297	848	405	345	236	159
<b>Base: All US adults</b>	1127	287	839	424	325	217	161
Between 6pm and 6:59pm	1%	1%	0%	1%	-	1%	1%
Between 7pm and 7:59pm	1%	1%	2%	2%	1%	2%	1%
Between 8pm and 8:59pm	9%	8%	10%	11%	9%	10%	5%
Between 9pm and 9:59pm	18%	17%	18%	14%	21%	23%	15%
Between 10pm and 10:59pm	23%	28%	21%	22%	22%	27%	21%
Between 11pm and 11:59pm	16%	19%	16%	15%	19%	19%	11%
Between 12am and 12:59am	10%	10%	9%	9%	11%	9%	7%
Between 1am and 1:59am	7%	6%	7%	8%	6%	6%	6%
Between 2am and 2:59am	3%	3%	3%	3%	4%	3%	1%
Between 3am and 3:59am	3%	2%	3%	4%	1%	1%	4%
Between 4am and 4:59am	0%	1%	0%	0%	-	1%	1%
Other	9%	5%	10%	10%	4%	1%	27%
Not applicable - I do not go to bed at any particular time on weekends							



Total	Social networks membership												
	Facebook	Twitter	LinkedIn	Google+	MySpace	Pinterest	Tumblr	Instagram	nosquare	Snapchat	Periscope	Other	Don't know

ZYB\_q6. How many hours of free time do you have on a typical weekday (i.e., Monday to Friday)?

	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
Unweighted base	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
<b>Base: All US adults</b>	1127	883	437	286	317	91	291	110	339	1	208	18	23	16	142
None	3%	3%	3%	4%	3%	6%	3%	5%	3%	-	5%	9%	11%	6%	3%
Up to one hour	7%	7%	4%	6%	6%	6%	8%	3%	6%	-	7%	10%	5%	-	11%
More than one hour up to two hours	15%	16%	14%	17%	20%	19%	16%	13%	20%	-	20%	17%	13%	28%	8%
More than two hours up to three hours	18%	18%	19%	22%	17%	23%	19%	19%	17%	-	17%	15%	9%	6%	22%
More than three hours up to four hours	13%	14%	16%	15%	10%	5%	16%	16%	16%	100%	15%	14%	13%	4%	7%
More than four hours up to five hours	8%	8%	7%	9%	8%	7%	8%	10%	10%	-	9%	11%	4%	8%	7%
More than five hours	29%	28%	30%	24%	29%	30%	24%	31%	22%	-	21%	20%	35%	34%	31%
Don't know	7%	6%	5%	3%	7%	3%	6%	3%	6%	-	6%	5%	11%	13%	11%

ZYB\_q7. And how many hours of free time do you have on a typical weekend day (i.e., Saturday and Sunday)?

	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
Unweighted base	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
<b>Base: All US adults</b>	1127	883	437	286	317	91	291	110	339	1	208	18	23	16	142
None	2%	2%	1%	2%	2%	5%	2%	2%	1%	-	2%	-	4%	-	2%
Up to one hour	4%	4%	3%	4%	4%	6%	4%	3%	6%	-	7%	10%	-	-	2%
More than one hour up to two hours	8%	9%	8%	6%	11%	16%	8%	8%	11%	-	12%	-	5%	-	5%
More than two hours up to three hours	13%	13%	14%	14%	13%	17%	14%	10%	13%	-	13%	23%	5%	26%	11%
More than three hours up to four hours	10%	10%	10%	10%	9%	4%	12%	11%	10%	-	7%	14%	6%	18%	7%
More than four hours up to five hours	12%	12%	11%	14%	12%	8%	11%	13%	14%	100%	12%	14%	13%	-	16%
More than five hours	45%	45%	48%	47%	42%	44%	44%	50%	41%	-	41%	35%	56%	36%	46%
Don't know	6%	5%	5%	3%	7%	2%	5%	3%	4%	-	6%	5%	11%	13%	11%

ZYB\_q8. What time do you go to bed on a typical weekday (i.e., Monday to Friday)?

	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
Unweighted base	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
<b>Base: All US adults</b>	1127	883	437	286	317	91	291	110	339	1	208	18	23	16	142
Between 6pm and 6:59pm	1%	1%	2%	0%	2%	2%	1%	1%	1%	-	2%	11%	4%	-	1%
Between 7pm and 7:59pm	1%	1%	2%	1%	1%	3%	2%	1%	1%	-	1%	5%	-	-	2%
Between 8pm and 8:59pm	14%	15%	12%	15%	14%	16%	13%	12%	13%	-	14%	26%	3%	20%	13%
Between 9pm and 10:59pm	24%	24%	21%	23%	21%	10%	24%	15%	22%	-	23%	5%	9%	10%	22%
Between 11pm and 11:59pm	24%	24%	22%	28%	22%	24%	24%	26%	22%	100%	24%	15%	30%	14%	30%
Between 12am and 12:59am	13%	13%	15%	12%	12%	13%	14%	15%	16%	-	12%	13%	8%	28%	12%
Between 1am and 1:59am	6%	7%	9%	7%	9%	7%	8%	13%	10%	-	9%	9%	4%	8%	3%
Between 2am and 2:59am	3%	3%	5%	3%	5%	8%	4%	5%	3%	-	4%	10%	11%	-	1%
Between 3am and 3:59am	2%	3%	3%	1%	4%	1%	2%	3%	2%	-	3%	-	9%	-	3%
Between 4am and 4:59am	2%	2%	3%	2%	1%	4%	2%	3%	3%	-	3%	5%	3%	-	3%
Other	1%	1%	0%	0%	1%	1%	0%	-	0%	-	1%	-	-	15%	-
Not applicable - I do not go to bed at any particular time on weekdays	7%	6%	7%	5%	8%	12%	6%	7%	4%	-	4%	-	20%	6%	11%

ZYB\_q10. And what time do you go to bed on a typical weekend day (i.e., Saturday and Sunday)?

	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
Unweighted base	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
<b>Base: All US adults</b>	1127	883	437	286	317	91	291	110	339	1	208	18	23	16	142
Between 6pm and 6:59pm	1%	1%	1%	1%	1%	1%	0%	-	0%	-	1%	12%	-	-	1%
Between 7pm and 7:59pm	1%	2%	2%	0%	2%	2%	1%	2%	2%	-	3%	4%	-	-	1%
Between 8pm and 8:59pm	9%	9%	7%	8%	8%	12%	7%	8%	7%	-	7%	21%	3%	13%	13%
Between 9pm and 10:59pm	18%	17%	15%	20%	14%	11%	16%	6%	14%	-	15%	5%	4%	6%	20%
Between 11pm and 11:59pm	23%	23%	20%	24%	21%	14%	25%	21%	22%	-	19%	15%	15%	32%	20%
Between 12am and 12:59am	16%	17%	19%	20%	15%	19%	18%	20%	17%	100%	16%	18%	17%	28%	12%
Between 1am and 1:59am	10%	9%	11%	9%	11%	9%	9%	12%	13%	-	9%	-	4%	-	12%
Between 2am and 2:59am	7%	7%	10%	6%	8%	7%	9%	13%	11%	-	12%	5%	10%	-	4%
Between 3am and 3:59am	3%	3%	4%	3%	5%	7%	4%	6%	4%	-	5%	14%	18%	-	2%
Between 4am and 4:59am	3%	3%	4%	3%	3%	7%	2%	4%	3%	-	4%	5%	8%	8%	2%
Other	0%	1%	0%	-	-	1%	1%	-	1%	-	1%	-	-	-	-
Not applicable - I do not go to bed at any particular time on weekdays	9%	8%	8%	5%	10%	10%	7%	9%	6%	-	8%	-	20%	13%	15%



Total	Gender		Age			Region				Race			
	Male	Female	18 to 34	35 to 54	55+	Northeast	Midwest	South	West	White	Black	Hispanic	Other (NET)

ZYB\_q11. What time do you wake up on a typical weekday (i.e., Monday to Friday)?

Unweighted base	1145	523	622	316	380	449	241	225	408	271	818	101	142	84
<b>Base: All US adults</b>	1127	558	569	352	369	405	244	217	401	265	744	137	165	81
Between 4am and 4:59am	7%	8%	7%	5%	8%	10%	9%	8%	7%	5%	9%	6%	2%	5%
Between 5am and 5:59am	16%	13%	16%	9%	18%	19%	22%	14%	12%	17%	15%	13%	22%	16%
Between 6am and 6:59am	21%	23%	20%	19%	24%	21%	19%	20%	22%	24%	23%	28%	14%	14%
Between 7am and 7:59am	17%	16%	17%	15%	16%	18%	15%	17%	17%	17%	17%	13%	17%	20%
Between 8am and 8:59am	11%	12%	11%	13%	9%	12%	10%	13%	11%	12%	11%	18%	7%	12%
Between 9am and 9:59am	6%	6%	7%	9%	6%	5%	8%	7%	7%	3%	6%	3%	9%	6%
Between 10am and 10:59am	4%	5%	4%	8%	3%	3%	4%	3%	6%	4%	5%	1%	6%	4%
Between 11am and 11:59am	3%	2%	3%	4%	2%	2%	5%	3%	3%	1%	2%	3%	4%	4%
Between 12pm and 12:59pm	3%	3%	2%	3%	3%	2%	2%	2%	3%	3%	2%	2%	5%	3%
Between 1pm and 1:59am	2%	2%	1%	2%	2%	1%	1%	1%	2%	2%	2%	1%	2%	1%
Other	2%	3%	1%	3%	2%	1%	1%	2%	3%	1%	-	-	3%	5%
Not applicable – I do not wake up at any particular time on weekdays	8%	7%	9%	11%	8%	5%	5%	11%	8%	9%	7%	11%	8%	10%

ZYB\_q12. And what time do you wake up on a typical weekend day (i.e., Saturday and Sunday)?

Unweighted base	1145	523	622	316	380	449	241	225	408	271	818	101	142	84
<b>Base: All US adults</b>	1127	558	569	352	369	405	244	217	401	265	744	137	165	81
Between 4am and 4:59am	4%	5%	3%	3%	3%	5%	4%	4%	4%	3%	5%	3%	2%	1%
Between 5am and 5:59am	7%	8%	7%	6%	6%	10%	12%	6%	7%	7%	8%	2%	10%	8%
Between 6am and 6:59am	15%	14%	16%	8%	12%	23%	15%	14%	13%	18%	16%	17%	13%	6%
Between 7am and 7:59am	18%	20%	17%	9%	23%	23%	16%	18%	18%	21%	19%	20%	13%	18%
Between 8am and 8:59am	16%	15%	16%	17%	18%	13%	13%	18%	16%	15%	16%	18%	13%	14%
Between 9am and 9:59am	12%	11%	13%	12%	13%	10%	10%	12%	14%	9%	11%	15%	15%	11%
Between 10am and 10:59am	9%	9%	8%	17%	7%	3%	12%	7%	8%	8%	8%	7%	9%	15%
Between 11am and 11:59am	6%	6%	5%	11%	4%	2%	7%	5%	6%	4%	6%	6%	8%	12%
Between 12pm and 12:59pm	2%	2%	2%	3%	3%	1%	1%	2%	3%	2%	2%	1%	4%	-
Between 1pm and 1:59am	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%	1%	4%	1%
Other	1%	1%	1%	1%	1%	1%	1%	0%	1%	1%	1%	-	1%	3%
Not applicable – I do not wake up at any particular time on weekend days	9%	8%	10%	11%	8%	7%	6%	12%	8%	10%	8%	10%	9%	12%

ZYB\_q8m. Which, if any, of the following activities do you do in your free time? Please select all that apply.

Unweighted base	1145	523	622	316	380	449	241	225	408	271	818	101	142	84
<b>Base: All US adults</b>	1127	558	569	352	369	405	244	217	401	265	744	137	165	81
Exercise (e.g., jog, lift weights, do yoga, etc.)	38%	39%	36%	42%	39%	33%	33%	36%	38%	43%	37%	42%	36%	46%
Watch movies (e.g., in the theater, Netflix, etc.)	51%	51%	50%	63%	56%	35%	48%	52%	51%	51%	50%	51%	46%	62%
Watch TV shows (e.g., cable/satellite, Netflix, etc.)	72%	69%	76%	69%	71%	76%	74%	74%	74%	68%	75%	72%	61%	68%
Read books	48%	43%	54%	43%	50%	51%	43%	52%	47%	52%	52%	42%	35%	51%
Read the newspaper	28%	31%	24%	18%	27%	37%	26%	25%	30%	27%	30%	25%	21%	25%
Hobbies (e.g., knitting, woodworking, etc.)	33%	30%	35%	37%	34%	27%	32%	31%	33%	34%	36%	24%	23%	35%
Take classes (e.g., painting, academic, etc.)	8%	7%	8%	13%	7%	4%	7%	4%	10%	7%	7%	8%	6%	13%
Do chores (e.g., clean the house, mow the lawn, etc.)	64%	59%	68%	57%	64%	69%	62%	64%	64%	64%	69%	60%	46%	59%
Other	15%	17%	12%	12%	14%	17%	18%	13%	13%	16%	16%	6%	16%	17%
Not applicable – I do not do anything in particular in my free time	5%	5%	5%	6%	4%	5%	4%	6%	4%	6%	4%	5%	7%	5%

Cell Contents (Column Percentages)



Total	Education					Marital Status				
	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Separated	Divorced	Widowed	Never married	Domestic / civil partnership

ZYB\_q11. What time do you wake up on a typical weekday (i.e., Monday to Friday)?

	1145	426	385	216	118	557	15	133	50	349	41
Unweighted base	1145	426	385	216	118	557	15	133	50	349	41
<b>Base: All US adults</b>	1127	477	356	192	102	519	14	121	52	382	38
Between 4am and 4:59am	7%	7%	9%	7%	8%	9%	12%	10%	7%	4%	7%
Between 5am and 5:59am	16%	15%	16%	17%	17%	20%	-	17%	13%	11%	8%
Between 6am and 6:59am	21%	15%	23%	28%	33%	24%	17%	27%	26%	16%	17%
Between 7am and 7:59am	17%	16%	16%	16%	23%	16%	6%	11%	26%	18%	14%
Between 8am and 8:59am	11%	12%	11%	14%	9%	10%	13%	9%	8%	15%	17%
Between 9am and 9:59am	6%	6%	7%	8%	2%	4%	18%	8%	5%	9%	7%
Between 10am and 10:59am	4%	6%	4%	4%	1%	6%	11%	1%	3%	4%	-
Between 11am and 11:59am	3%	4%	2%	2%	1%	2%	6%	2%	2%	4%	6%
Between 12pm and 12:59pm	3%	3%	3%	1%	1%	3%	-	3%	3%	3%	2%
Between 1pm and 1:59am	2%	2%	1%	0%	-	1%	11%	2%	2%	2%	3%
Other	2%	3%	1%	-	-	1%	-	2%	2%	2%	-
Not applicable – I do not wake up at any particular time on weekdays	8%	11%	7%	3%	5%	4%	6%	8%	5%	13%	19%

ZYB\_q12. And what time do you wake up on a typical weekend day (i.e., Saturday and Sunday)?

	1145	426	385	216	118	557	15	133	50	349	41
Unweighted base	1145	426	385	216	118	557	15	133	50	349	41
<b>Base: All US adults</b>	1127	477	356	192	102	519	14	121	52	382	38
Between 4am and 4:59am	4%	4%	4%	4%	3%	4%	5%	5%	9%	3%	4%
Between 5am and 5:59am	7%	7%	9%	5%	7%	9%	7%	12%	1%	6%	3%
Between 6am and 6:59am	15%	14%	13%	14%	26%	19%	22%	16%	24%	8%	10%
Between 7am and 7:59am	18%	16%	18%	21%	26%	21%	12%	17%	24%	14%	24%
Between 8am and 8:59am	16%	12%	19%	18%	15%	15%	24%	13%	14%	18%	11%
Between 9am and 9:59am	12%	12%	10%	12%	13%	12%	13%	13%	9%	12%	6%
Between 10am and 10:59am	9%	8%	10%	12%	1%	7%	7%	3%	8%	13%	6%
Between 11am and 11:59am	6%	6%	6%	6%	2%	4%	6%	2%	2%	8%	13%
Between 12pm and 12:59pm	2%	2%	3%	2%	2%	2%	-	3%	-	3%	2%
Between 1pm and 1:59am	2%	3%	2%	1%	-	1%	-	5%	-	2%	3%
Other	1%	2%	0%	-	-	1%	-	1%	-	1%	-
Not applicable – I do not wake up at any particular time on weekend days	9%	13%	6%	4%	6%	5%	6%	10%	9%	13%	19%

ZYB\_q8m. Which, if any, of the following activities do you do in your free time? Please select all that apply.

	1145	426	385	216	118	557	15	133	50	349	41
Unweighted base	1145	426	385	216	118	557	15	133	50	349	41
<b>Base: All US adults</b>	1127	477	356	192	102	519	14	121	52	382	38
Exercise (e.g., jog, lift weights, do yoga, etc.)	38%	26%	38%	53%	62%	38%	36%	34%	18%	42%	31%
Watch movies (e.g., in the theater, Netflix, etc.)	51%	40%	58%	62%	54%	45%	31%	47%	34%	62%	51%
Watch TV shows (e.g., cable/satellite, Netflix, etc.)	72%	68%	73%	79%	76%	72%	55%	76%	79%	71%	76%
Read books	48%	36%	51%	61%	72%	52%	22%	49%	49%	46%	21%
Read the newspaper	28%	23%	25%	35%	45%	30%	31%	30%	29%	25%	15%
Hobbies (e.g., knitting, woodworking, etc.)	33%	24%	36%	42%	40%	33%	26%	29%	21%	35%	33%
Take classes (e.g., painting, academic, etc.)	8%	3%	8%	15%	15%	6%	6%	6%	4%	10%	11%
Do chores (e.g., clean the house, mow the lawn, etc.)	64%	57%	64%	75%	74%	67%	55%	64%	68%	60%	52%
Other	15%	15%	17%	14%	8%	15%	20%	16%	11%	13%	18%
Not applicable – I do not do anything in particular in my free time	5%	7%	4%	1%	3%	4%	6%	2%	6%	6%	7%

**YouGovNY**  
**Parenting**

US\_nat Sample: 12th - 13th June 2017



Total	Children under the age of 18		Income			
	Yes	No	Under \$40k	\$40k to \$80k	\$80k+	Prefer not to say

**ZYB\_q11. What time do you wake up on a typical weekday (i.e., Monday to Friday)?**

	1145	297	848	405	345	236	159
Unweighted base	1145	297	848	405	345	236	159
<b>Base: All US adults</b>	<b>1127</b>	<b>287</b>	<b>839</b>	<b>424</b>	<b>325</b>	<b>217</b>	<b>161</b>
Between 4am and 4:59am	7%	7%	7%	7%	9%	7%	4%
Between 5am and 5:59am	16%	17%	15%	15%	15%	19%	17%
Between 6am and 6:59am	21%	28%	19%	20%	22%	27%	18%
Between 7am and 7:59am	17%	17%	17%	16%	19%	21%	6%
Between 8am and 8:59am	11%	8%	13%	13%	10%	12%	10%
Between 9am and 9:59am	6%	6%	6%	6%	7%	3%	10%
Between 10am and 10:59am	4%	5%	4%	4%	7%	5%	1%
Between 11am and 11:59am	3%	2%	3%	3%	1%	3%	4%
Between 12pm and 12:59pm	3%	3%	2%	4%	2%	1%	2%
Between 1pm and 1:59am	2%	1%	2%	2%	1%	1%	4%
Other	2%	1%	2%	2%	2%	1%	2%
Not applicable – I do not wake up at any particular time on weekdays	8%	5%	9%	9%	5%	0%	22%

**ZYB\_q12. And what time do you wake up on a typical weekend day (i.e., Saturday and Sunday)?**

	1145	297	848	405	345	236	159
Unweighted base	1145	297	848	405	345	236	159
<b>Base: All US adults</b>	<b>1127</b>	<b>287</b>	<b>839</b>	<b>424</b>	<b>325</b>	<b>217</b>	<b>161</b>
Between 4am and 4:59am	4%	3%	4%	5%	4%	3%	2%
Between 5am and 5:59am	7%	6%	8%	8%	5%	8%	11%
Between 6am and 6:59am	15%	17%	14%	15%	15%	17%	10%
Between 7am and 7:59am	18%	21%	18%	17%	21%	24%	10%
Between 8am and 8:59am	16%	16%	15%	16%	17%	14%	13%
Between 9am and 9:59am	12%	14%	11%	11%	13%	12%	9%
Between 10am and 10:59am	9%	8%	9%	5%	11%	11%	10%
Between 11am and 11:59am	6%	6%	5%	6%	5%	7%	5%
Between 12pm and 12:59pm	2%	3%	2%	3%	3%	1%	1%
Between 1pm and 1:59am	2%	1%	2%	2%	1%	1%	4%
Other	1%	1%	1%	1%	0%	1%	1%
Not applicable – I do not wake up at any particular time on weekend days	9%	5%	10%	10%	5%	1%	24%

**ZYB\_q8m. Which, if any, of the following activities do you do in your free time? Please select all that apply.**

	1145	297	848	405	345	236	159
Unweighted base	1145	297	848	405	345	236	159
<b>Base: All US adults</b>	<b>1127</b>	<b>287</b>	<b>839</b>	<b>424</b>	<b>325</b>	<b>217</b>	<b>161</b>
Exercise (e.g., jog, lift weights, do yoga, etc.)	38%	40%	37%	33%	38%	50%	33%
Watch movies (e.g., in the theater, Netflix, etc.)	51%	52%	50%	48%	57%	58%	37%
Watch TV shows (e.g., cable/satellite, Netflix, etc.)	72%	72%	72%	69%	76%	79%	64%
Read books	48%	45%	49%	42%	49%	59%	47%
Read the newspaper	28%	22%	30%	21%	31%	36%	28%
Hobbies (e.g., knitting, woodworking, etc.)	33%	31%	33%	30%	34%	36%	32%
Take classes (e.g., painting, academic, etc.)	8%	8%	7%	6%	5%	16%	6%
Do chores (e.g., clean the house, mow the lawn, etc.)	64%	66%	63%	58%	67%	76%	55%
Other	15%	13%	15%	12%	15%	15%	21%
Not applicable – I do not do anything in particular in my free time	5%	2%	6%	7%	2%	0%	10%



Total	Social networks membership												
	Facebook	Twitter	LinkedIn	Google+	MySpace	Pinterest	Tumblr	Instagram	nosquare	Snapchat	Periscope	Other	Don't know

ZYB\_q11. What time do you wake up on a typical weekday (i.e., Monday to Friday)?

	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
Unweighted base	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
<b>Base: All US adults</b>	1127	883	437	286	317	91	291	110	339	1	208	18	23	16	142
Between 4am and 4:59am	7%	7%	7%	7%	8%	6%	7%	11%	6%	-	5%	34%	4%	6%	12%
Between 5am and 5:59am	16%	15%	11%	18%	12%	14%	18%	8%	14%	-	13%	4%	17%	4%	17%
Between 6am and 6:59am	21%	22%	19%	24%	22%	20%	20%	16%	25%	100%	21%	28%	10%	11%	18%
Between 7am and 7:59am	17%	16%	18%	21%	17%	19%	16%	16%	18%	-	20%	15%	16%	14%	19%
Between 8am and 8:59am	11%	12%	15%	13%	11%	9%	12%	15%	11%	-	12%	-	7%	6%	9%
Between 9am and 9:59am	6%	7%	7%	5%	7%	3%	6%	8%	7%	-	9%	-	13%	14%	3%
Between 10am and 10:59am	4%	5%	5%	3%	5%	3%	7%	5%	4%	-	4%	5%	6%	-	3%
Between 11am and 11:59am	3%	3%	5%	1%	3%	6%	2%	4%	4%	-	3%	-	9%	-	1%
Between 12pm and 12:59pm	3%	3%	3%	2%	4%	5%	2%	3%	4%	-	3%	-	7%	14%	1%
Between 1pm and 1:59am	2%	2%	2%	1%	2%	5%	2%	2%	2%	-	1%	9%	-	8%	1%
Other	2%	1%	1%	0%	1%	-	1%	4%	2%	-	2%	5%	-	7%	4%
Not applicable - I do not wake up at any particular time on weekdays	8%	7%	7%	3%	9%	11%	7%	8%	5%	-	6%	-	11%	16%	13%

ZYB\_q12. And what time do you wake up on a typical weekend day (i.e., Saturday and Sunday)?

	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
Unweighted base	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
<b>Base: All US adults</b>	1127	883	437	286	317	91	291	110	339	1	208	18	23	16	142
Between 4am and 4:59am	4%	4%	5%	3%	6%	4%	3%	6%	3%	-	2%	15%	4%	13%	4%
Between 5am and 5:59am	7%	7%	6%	6%	7%	7%	9%	5%	6%	-	6%	5%	3%	4%	12%
Between 6am and 6:59am	15%	14%	11%	13%	14%	13%	14%	7%	12%	-	11%	30%	10%	18%	21%
Between 7am and 7:59am	18%	19%	14%	19%	15%	18%	19%	11%	16%	-	14%	15%	25%	7%	19%
Between 8am and 8:59am	16%	16%	16%	21%	13%	6%	16%	14%	16%	-	15%	6%	4%	6%	12%
Between 9am and 9:59am	12%	12%	15%	17%	13%	19%	12%	18%	13%	-	16%	9%	9%	35%	9%
Between 10am and 10:59am	9%	10%	12%	8%	11%	5%	10%	14%	13%	-	12%	10%	10%	-	3%
Between 11am and 11:59am	6%	7%	8%	4%	8%	9%	5%	7%	9%	100%	10%	-	22%	-	3%
Between 12pm and 12:59pm	2%	2%	2%	2%	3%	4%	3%	3%	4%	-	3%	-	3%	-	1%
Between 1pm and 1:59am	2%	2%	2%	2%	2%	7%	2%	2%	2%	-	2%	4%	-	-	1%
Other	1%	1%	1%	-	0%	-	0%	4%	1%	-	2%	5%	-	-	1%
Not applicable - I do not wake up at any particular time on weekend days	9%	7%	8%	5%	9%	10%	6%	9%	5%	-	7%	-	11%	16%	14%

ZYB\_q8m. Which, if any, of the following activities do you do in your free time? Please select all that apply.

	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
Unweighted base	1145	896	427	312	310	86	303	105	336	1	200	18	24	13	144
<b>Base: All US adults</b>	1127	883	437	286	317	91	291	110	339	1	208	18	23	16	142
Exercise (e.g., jog, lift weights, do yoga, etc.)	38%	38%	42%	50%	42%	39%	47%	56%	47%	100%	50%	46%	38%	45%	28%
Watch movies (e.g., in the theater, Netflix, etc.)	51%	55%	60%	60%	60%	54%	62%	75%	64%	100%	66%	60%	59%	25%	32%
Watch TV shows (e.g., cable/satellite, Netflix, etc.)	72%	74%	76%	80%	74%	66%	77%	80%	76%	100%	74%	78%	73%	39%	70%
Read books	48%	48%	49%	58%	48%	37%	58%	58%	50%	100%	48%	46%	44%	30%	44%
Read the newspaper	28%	27%	27%	38%	27%	32%	31%	30%	24%	-	23%	38%	22%	4%	26%
Hobbies (e.g., knitting, woodworking, etc.)	33%	34%	36%	38%	35%	37%	48%	46%	40%	100%	42%	64%	49%	25%	25%
Take classes (e.g., painting, academic, etc.)	8%	8%	11%	11%	13%	12%	12%	16%	13%	100%	15%	22%	4%	-	5%
Do chores (e.g., clean the house, mow the lawn, etc.)	64%	64%	64%	71%	62%	53%	69%	66%	63%	100%	63%	56%	64%	26%	60%
Other	15%	13%	14%	15%	14%	15%	9%	11%	9%	-	7%	-	33%	6%	17%
Not applicable - I do not do anything in particular in my free time	5%	4%	4%	2%	4%	8%	3%	3%	3%	-	3%	5%	-	16%	8%