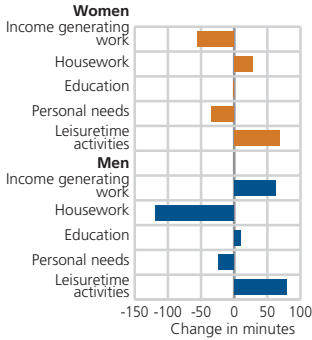
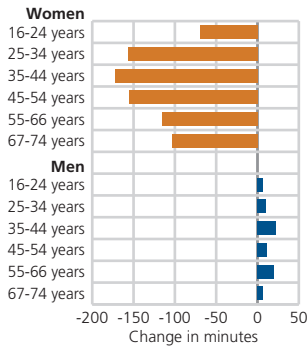


# Around the clock\*

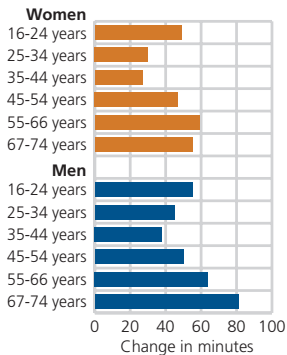
## Changes in time spent on main activities from 1971 to 2000 in the 16-74 age group



## Change in time spent on housework from 1971 to 2000, by gender and age



## Change in time spent watching television from 1971 to 2000, by gender and age



## More leisure time

From 1970 to 2000, Norwegians had an average of 75 minutes more leisure time per day, when we had almost 6.5 hours at our disposal for various leisure activities. There was little change in the amount of time spent on education and work, and the increase in leisure time was mainly a result of less time spent on housework (50 minutes) and personal needs (30 minutes).

Women got slightly more leisure time than men, which was partly due to a two-hour reduction in housework. Of these 2 hours, one was spent on income-generating work, whereas the other was additional leisure time. In contrast, men spent less time on income-generating work while increasing their participation in housework.

Despite the fact that women worked more and reduced the amount of time spent on housework, it was more common to pay for cleaning. A total of 4 per cent had a cleaner, which was approximately the same as at the beginning of the 1990s. Families with children where the parents had higher education dominate this group.

## More time spent watching TV

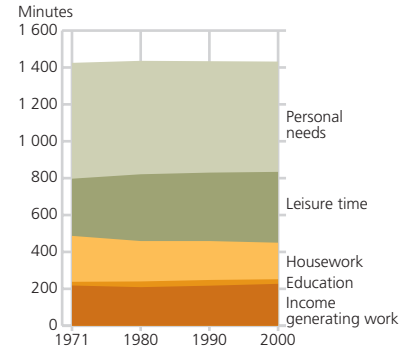
The extra leisure time was mostly spent watching television. Time spent watching TV increased sharply, and compared with 1980 our evening of television viewing started earlier and finished later.

## Eight hours sleep

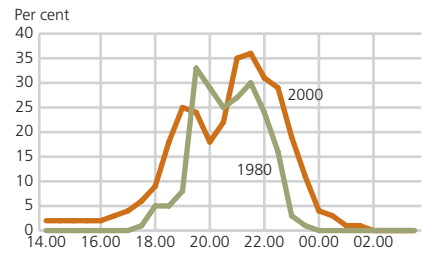
We slept 8 hours per night on average, which was a slight increase since 1970.

The need for sleep seems to be fairly constant, both over time and among various groups in the population. While other activities often vary considerably according to gender, education or where we live, most people sleep approximately 8 hours, with only the youngest and the oldest sleeping a little longer.

## Use of time on an average day. Minutes



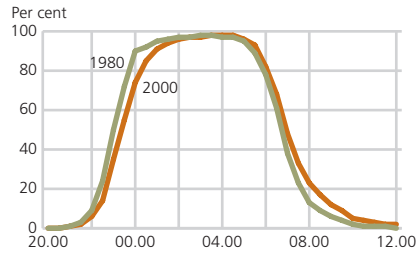
## Percentage television viewers at various times of the day. Monday-Friday



\* Use of time surveys are conducted every ten years and the next survey is planned for 2010.

However, our sleeping habits have changed: We went to bed later and got up later. For instance, in 1980, 72 per cent of the population were asleep by 11.30 pm. This figure had dropped to 62 per cent by 1990 and 55 per cent in 2000. A total of 6 per cent were still asleep at 9 am in 1980 compared with 12 per cent in 2000.

**Percentage asleep at various times of the day. Monday-Friday**

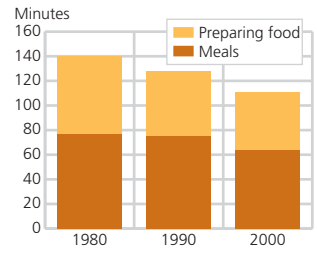


### Fast food

The enormous interest in cookery books and television cookery programmes, did not result in more time spent in the kitchen. It is true that men did more cooking than before, but we spent 30 minutes less per day preparing food and on meals in 2000 than in 1980. This reduction was equally distributed between the two activities.

Another trend was that the main meal of the day was later. Even though most of us still had dinner between 3 pm and 5.30 pm, a growing number of people ate later.

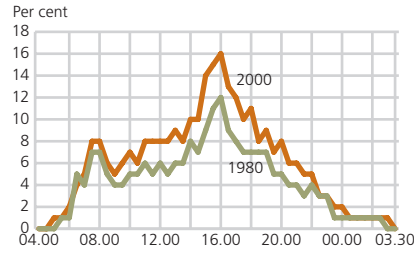
**Time spent on preparing food and meals**



### Travelling

We are spending more and more time on travel. In 1980, we spent 1 hour and 6 minutes travelling, while in 2000 that figure had increased to 1 hour and 23 minutes on an average day. Men spent 15 minutes more on travelling than women, and young people travelled more than older people.

**Percentage travelling at various times on an average day**



### "... just popping out to the shops"

An increasing number of people spent time buying goods and services, but we spent less time in shops. On an average day, more than half of us made purchases of some kind in 2000, compared with four out of ten in 1980, when we spent an average of 54 minutes on purchases compared with 44 minutes in 2000. One out of three bought groceries on an average day, spending 24 minutes on such purchases.