



America's Daily Routine
Fieldwork Dates: 11th - 12th September 2019

Conducted by YouGov
On behalf of YouGov RealTime

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BACKGROUND

This spreadsheet contains survey data collected and analysed by YouGov plc. No information contained within this spreadsheet may be published without the consent of YouGov Plc and the client named on the front cover.

Methodology: This survey has been conducted using an online interview administered to members of the YouGov Plc panel of 1.2 million individuals who have agreed to take part in surveys. Emails are sent to panellists selected at random from the base sample. The e-mail invites them to take part in a survey and provides a generic survey link. Once a panel member clicks on the link they are sent to the survey that they are most required for, according to the sample definition and quotas. (The sample definition could be "US adult population" or a subset such as "US adult females"). Invitations to surveys don't expire and respondents can be sent to any available survey. The responding sample is weighted to the profile of the sample definition to provide a representative reporting sample. The profile is normally derived from census data or, if not available from the census, from industry accepted data.

YouGov plc make every effort to provide representative information. All results are based on a sample and are therefore subject to statistical errors normally associated with sample-based information.

For further information about the results in this spreadsheet, please contact YouGov Plc +1 888.729.0773 or email omnibus.us@yougov.com quoting the survey details

EDITOR'S NOTES - all press releases should contain the following information

All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 1272 adults. Fieldwork was undertaken between 11th - 12th September 2019. The survey was carried out online. The figures have been weighted and are representative of all US adults (aged 18+).

NOTE: All press releases or other publications must be checked by YouGov Plc before use. YouGov requires 48hours to check a press release unless otherwise agreed.

- YouGov is registered with the Information Commissioner
- YouGov is a member of the British Polling Council

Any percentages calculated on bases fewer than 50 respondents must not be reported as they do not represent a wide enough cross-section of the target population to be considered statistically reliable. These figures will be italicised.

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Gender		Generation							Region				
	Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
	A	B	C	D	E	F	G	H	I	J	K	L	M	N

rd_r_q1. Typically, how many times, if at all, do you tend to hit the snooze button before you get out of bed?

Unweighted base	1272	596	676	26	420	339	429	58	-	-	257	274	442	299	844
Base: All US Adults	1272	620	652	31	421	325	434	62	-	-	226	267	479	300	843
Once	20%	21%	18%	25% **	23% F.G	23% F.G	17% G	6% *	- **	- **	23%	18%	19%	21%	19%
Twice	16%	14%	18%	10% **	27% E.F.G	18% F.G	6% *	2% *	- **	- **	17%	15%	15%	17%	14%
Three or more times	11%	10%	12%	10% **	18% F.G	13% F.G	4% *	- *	- **	- **	11%	12%	9%	12%	9%
Never	30%	32%	29%	37% **	18% *	31% D	41% D.E	34% D*	- **	- **	28%	31%	34% M	25%	34% O.P
Not applicable - I don't set an alarm	23%	23%	24%	19% **	15% *	16% D.E	32% D.E	59% D.E.F*	- **	- **	21%	24%	23%	26%	24% Q

rd_r_q2a. Thinking about a typical day... around what time do you wake up? Please estimate the time to the nearest half hour.

Unweighted base	1272	596	676	26	420	339	429	58	-	-	257	274	442	299	844
Base: All US Adults	1272	620	652	31	421	325	434	62	-	-	226	267	479	300	843
12:00 AM	2%	2%	2%	4% **	4% E.F	1%	1%	- *	- **	- **	0%	3% J.L	1%	4% J.L	1%
12:30 AM	1%	1%	1%	- **	3% E.F	-	-	- *	- **	- **	0%	1%	1%	1%	0%
1:00 AM	1%	1%	1%	- **	3% E.F	0%	-	- *	- **	- **	1%	1%	0%	2% L	1%
1:30 AM	1%	1%	1%	- **	3% E.F	-	0%	- *	- **	- **	2% K	-	1%	2% K	0%
2:00 AM	0%	0%	0%	- **	0%	1%	0%	- *	- **	- **	0%	0%	1%	-	0%
2:30 AM	1%	1%	1%	- **	1%	1%	0%	- *	- **	- **	0%	0%	1%	1%	0%
3:00 AM	1%	1%	1%	- **	1%	1%	2%	- *	- **	- **	1%	1%	1%	2%	1%
3:30 AM	2%	2%	2%	- **	1% D	3%	2%	2% *	- **	- **	1%	2%	2%	2%	2%
4:00 AM	3%	3%	3%	- **	2%	3%	3%	5% *	- **	- **	3%	5% M	2%	2%	3%
4:30 AM	4%	5%	3%	9% **	2%	4%	5%	3% *	- **	- **	5%	4%	4%	3%	4%
5:00 AM	8%	8%	8%	6% **	7%	5%	10% E	9% *	- **	- **	8%	4%	8%	11% K	8%
5:30 AM	8%	7%	8%	4% **	7%	11% D.F	7%	5% *	- **	- **	8%	10%	8%	6%	8%
6:00 AM	14%	15%	13%	21% **	10%	14%	16% D	18% *	- **	- **	15%	13%	15%	12%	14%
6:30 AM	11%	9%	13% A	3% **	8%	15% D	11%	11% *	- **	- **	12%	13%	10%	10%	11%
7:00 AM	12%	11%	14% **	13% **	11%	11%	13%	17% *	- **	- **	11%	11%	13%	14%	12%
7:30 AM	6%	6%	6%	3% **	6%	5%	7%	11% *	- **	- **	8%	6%	6%	4%	7% O.P
8:00 AM	6%	6%	6%	7% **	6%	7%	6%	4% *	- **	- **	7%	4%	7%	6%	7% O

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Race			Education				Marital Status						
	Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced
	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB

rd_r_q1. Typically, how many times, if at all, do you tend to hit the snooze button before you get out of bed?

Unweighted base	1272	154	191	83	495	423	225	129	608	16	96	35	755	309	107
Base: All US Adults	1272	150	198	81	514	395	232	130	609	20	90	35	753	306	110
Once	20%	22%	22%	24%	21%	18%	22%	19%	20%	14%	20%	29%	20%	20%	20%
Twice	16%	26%	13%	25%	15%	16%	16%	21%	14%	28%	18%	29%	15%	21%	8%
Three or more times	11%	7%	20%	14%	11%	11%	10%	8%	7%	39%	18%	16%	10%	14%	7%
Never	30%	20%	24%	24%	25%	32%	35%	35%	37%	15%	20%	14%	34%	22%	31%
Not applicable - I don't set an alarm	23%	25%	21%	13%	29%	22%	17%	17%	21%	4%	24%	12%	21%	23%	33%

rd_r_q2a. Thinking about a typical day... around what time do you wake up? Please estimate the time to the nearest half hour.

Unweighted base	1272	154	191	83	495	423	225	129	608	16	96	35	755	309	107
Base: All US Adults	1272	150	198	81	514	395	232	130	609	20	90	35	753	306	110
12:00 AM	2%	2%	4%	7%	3%	1%	1%	2%	1%	5%	-	3%	1%	1%	1%
12:30 AM	1%	1%	3%	2%	1%	2%	-	-	0%	20%	1%	5%	1%	1%	-
1:00 AM	1%	2%	1%	3%	1%	2%	0%	1%	1%	10%	-	3%	1%	1%	-
1:30 AM	1%	1%	4%	2%	2%	1%	0%	-	1%	4%	1%	-	1%	1%	-
2:00 AM	0%	1%	0%	-	-	1%	1%	1%	1%	-	-	-	0%	1%	-
2:30 AM	1%	2%	2%	1%	1%	1%	0%	1%	0%	5%	-	-	0%	2%	-
3:00 AM	1%	2%	-	4%	2%	1%	0%	-	1%	-	1%	-	1%	2%	2%
3:30 AM	2%	3%	2%	-	2%	2%	2%	2%	2%	-	2%	-	2%	2%	1%
4:00 AM	3%	2%	3%	2%	3%	3%	2%	2%	3%	-	-	3%	3%	1%	4%
4:30 AM	4%	5%	3%	1%	3%	6%	2%	3%	4%	-	3%	-	4%	3%	8%
5:00 AM	8%	9%	4%	11%	6%	8%	7%	12%	9%	5%	5%	-	8%	7%	11%
5:30 AM	8%	10%	4%	8%	7%	8%	9%	8%	10%	-	4%	-	8%	7%	7%
6:00 AM	14%	13%	15%	7%	12%	13%	18%	16%	18%	13%	7%	-	16%	12%	10%
6:30 AM	11%	11%	11%	8%	10%	9%	13%	16%	14%	9%	13%	8%	13%	9%	4%
7:00 AM	12%	11%	17%	12%	13%	14%	11%	10%	10%	15%	22%	19%	12%	12%	14%
7:30 AM	6%	2%	3%	10%	4%	6%	8%	11%	6%	5%	6%	11%	6%	5%	9%
8:00 AM	6%	2%	6%	5%	6%	5%	8%	4%	7%	10%	5%	11%	7%	6%	5%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Parent or guardian of any children					Income					Urban			
	Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k		\$40k to \$80k	\$80k+	Don't know / Prefer not to say
	AC	AD	AE	AF	AG	AH	AI	AJ	AK	AL		AM	AN	AO

rd_r_q1. Typically, how many times, if at all, do you tend to hit the snooze button before you get out of bed?

Unweighted base	1272	53	18	5	25	356	455	754	463	54	421	357	316	178	387
Base: All US Adults	1272	52	19	5	27	348	458	753	466	52	420	363	311	179	389
Once	20%	18%	15%	40%	5%	27%	14%	20%	20%	18%	22%	19%	20%	16%	25%
		*	**	**	**	AH.AI.AJ		AH	AH	*					AQ.AR
Twice	16%	9%	29%	21%	13%	25%	12%	16%	16%	9%	15%	14%	20%	14%	19%
		*	**	**	**	AH.AI.AJ.AK		AH	AH	*					
Three or more times	11%	2%	24%	20%	10%	14%	7%	9%	13%	9%	12%	11%	9%	11%	11%
		*	**	**	**	AH.AI		AH	AH	*					
Never	30%	41%	15%	20%	15%	25%	39%	32%	28%	21%	23%	37%	36%	23%	23%
		X.Y.AA*	**	**	**		AG.AI.AJ.AK	AG		*		AL.AO	AL.AO		
Not applicable - I don't set an alarm	23%	30%	18%	-	57%	10%	30%	22%	23%	43%	28%	19%	15%	36%	22%
		*	**	**	**		AG.AI.AJ	AG	AG	AG.AI.AJ*	AM.AN				AM.AN

rd_r_q2a. Thinking about a typical day... around what time do you wake up? Please estimate the time to the nearest half hour.

Unweighted base	1272	53	18	5	25	356	455	754	463	54	421	357	316	178	387
Base: All US Adults	1272	52	19	5	27	348	458	753	466	52	420	363	311	179	389
12:00 AM	2%	2%	12%	60%	17%	2%	1%	1%	1%	13%	2%	0%	1%	5%	2%
		*	**	**	**					AG.AH.AI.AJ*	AM			AM.AN	
12:30 AM	1%	-	11%	-	6%	2%	0%	1%	1%	6%	0%	2%	1%	1%	0%
		*	**	**	**	AH		AH		AH.AI.AJ*		AL			
1:00 AM	1%	-	7%	-	-	2%	0%	1%	1%	-	1%	-	2%	1%	1%
		*	**	**	**	AH.AI		AH		*	AM		AM		
1:30 AM	1%	4%	4%	-	-	0%	1%	1%	2%	-	1%	2%	1%	0%	1%
		V.Z.AB*	**	**	**					*					
2:00 AM	0%	-	-	-	-	1%	1%	1%	-	1%	0%	1%	1%	-	0%
		*	**	**	**					AJ*					
2:30 AM	1%	-	-	-	-	1%	0%	1%	1%	2%	2%	0%	0%	0%	2%
		*	**	**	**			AH		*					AQ
3:00 AM	1%	-	-	-	-	1%	1%	1%	1%	2%	2%	2%	0%	-	2%
		*	**	**	**					*					
3:30 AM	2%	2%	4%	-	-	2%	2%	2%	1%	2%	1%	3%	2%	1%	3%
		*	**	**	**					*					
4:00 AM	3%	4%	19%	-	4%	2%	3%	3%	2%	3%	2%	3%	3%	2%	2%
		*	**	**	**					*					
4:30 AM	4%	3%	4%	-	7%	4%	4%	4%	4%	8%	3%	5%	3%	4%	4%
		*	**	**	**					*					
5:00 AM	8%	6%	5%	-	8%	10%	8%	9%	6%	4%	7%	7%	11%	6%	11%
		*	**	**	**					*					AQ
5:30 AM	8%	8%	-	21%	3%	12%	7%	9%	6%	4%	5%	10%	9%	6%	5%
		*	**	**	**	AH.AI.AJ		AH.AJ		*		AL			
6:00 AM	14%	15%	5%	-	3%	17%	16%	17%	11%	5%	12%	12%	20%	11%	15%
		Y*	**	**	**	AJ.AK	AJ.AK	AJ.AK		*			AL.AM.AO		
6:30 AM	11%	8%	-	-	4%	11%	14%	13%	8%	5%	9%	10%	13%	13%	10%
		*	**	**	**		AJ	AJ		*					
7:00 AM	12%	22%	10%	-	17%	10%	12%	11%	14%	19%	14%	12%	8%	18%	9%
		V.Z*	**	**	**					*	AN			AN	
7:30 AM	6%	13%	-	-	-	4%	6%	6%	7%	3%	6%	7%	7%	3%	6%
		AA*	**	**	**					*					
8:00 AM	6%	5%	6%	-	-	5%	7%	6%	7%	6%	6%	6%	7%	5%	6%
		*	**	**	**					*					

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Type of Area Lived in		
	Suburban/ Town	Rural	Other
	AQ	AR	AS

rdr_q1. Typically, how many times, if at all, do you tend to hit the snooze button before you get out of bed?

Unweighted base	1272	609	261	15
Base: All US Adults	1272	606	262	16
Once	20%	18%	16%	21%
				**
Twice	16%	14%	15%	6%
				**
Three or more times	11%	11%	9%	14%
				**
Never	30%	34%	31%	18%
		AP	AP	**
Not applicable - I don't set an alarm	23%	22%	28%	41%
		AQ	AQ	**

rdr_q2a. Thinking about a typical day... around what time do you wake up? Please estimate the time to the nearest half hour.

Unweighted base	1272	609	261	15
Base: All US Adults	1272	606	262	16
12:00 AM	2%	1%	2%	18%
				**
12:30 AM	1%	1%	1%	6%
				**
1:00 AM	1%	1%	1%	-
				**
1:30 AM	1%	1%	1%	-
				**
2:00 AM	0%	0%	1%	-
				**
2:30 AM	1%	0%	0%	-
				**
3:00 AM	1%	1%	1%	6%
				**
3:30 AM	2%	1%	2%	-
				**
4:00 AM	3%	4%	2%	6%
				**
4:30 AM	4%	4%	3%	-
				**
5:00 AM	8%	6%	6%	6%
				**
5:30 AM	8%	9%	9%	11%
		AP	AP	**
6:00 AM	14%	14%	13%	7%
				**
6:30 AM	11%	12%	11%	8%
				**
7:00 AM	12%	13%	15%	7%
			AP	**
7:30 AM	6%	7%	5%	6%
				**
8:00 AM	6%	6%	7%	7%
				**

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Gender		Generation							Region				
		Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
		8:30 AM	2%	2%	2%	6% **	2%	1%	2%	3% *	- **	- **	2%	3%	2%
9:00 AM	5%	4%	5%	3% **	4%	5%	5%	5% *	- **	- **	3%	4%	5%	6%	5%
9:30 AM	2%	3%	1%	3% **	1%	3%	2%	2% *	- **	- **	2%	1%	2%	3%	2%
10:00 AM	2%	2%	2%	- **	2%	1%	2%	4% *	- **	- **	3% L	3% L	1%	3% L	2%
10:30 AM	1%	1%	1%	- **	2%	1%	1%	- *	- **	- **	0%	1%	2%	1%	1%
11:00 AM	1%	1%	1%	- **	2%	1%	1%	2% *	- **	- **	1%	1%	1%	2%	1%
11:30 AM	0%	0%	1%	- **	1% F	1%	-	- *	- **	- **	1%	1%	0%	1%	0%
12:00 PM	1%	1%	1%	- **	1%	0%	1%	- *	- **	- **	1%	0%	1%	0%	1%
12:30 PM	0%	0%	0%	3% **	0%	1%	0%	- *	- **	- **	0%	1%	0%	-	0%
1:00 PM	1%	1% B	0%	- **	2% F	1%	0%	- *	- **	- **	1%	1%	0%	1%	1%
1:30 PM	0%	-	0%	- **	0%	-	-	- *	- **	- **	-	-	-	0%	0%
2:00 PM	1%	1% B	0%	4% **	2% E	-	1%	- *	- **	- **	-	2% J.M	1%	-	0%
2:30 PM	0%	0%	0%	- **	0%	-	0%	- *	- **	- **	-	0%	0%	-	0%
3:00 PM	1%	0%	1%	- **	0%	1%	1%	- *	- **	- **	-	1%	1%	-	1%
3:30 PM	0%	0%	-	- **	-	0%	-	- *	- **	- **	-	-	0%	-	0%
4:00 PM	0%	0%	0%	- **	0%	-	-	- *	- **	- **	-	-	0%	0%	0%
4:30 PM	0%	0%	0%	- **	0%	0%	-	- *	- **	- **	-	-	0%	-	0%
5:00 PM	-	-	-	- **	-	-	-	- *	- **	- **	-	-	-	-	-
5:30 PM	-	-	-	- **	-	-	-	- *	- **	- **	-	-	-	-	-
6:00 PM	-	-	-	- **	-	-	-	- *	- **	- **	-	-	-	-	-
6:30 PM	0%	0%	-	- **	-	-	0%	- *	- **	- **	-	-	-	0%	0%
7:00 PM	0%	0%	0%	- **	0%	-	-	- *	- **	- **	-	-	0%	-	0%
7:30 PM	0%	0%	0%	- **	0%	-	0%	- *	- **	- **	-	-	0%	0%	0%
8:00 PM	0%	0%	0%	- **	0%	0%	-	- *	- **	- **	0%	-	0%	-	0%
8:30 PM	0%	0%	0%	- **	0%	-	0%	- *	- **	- **	-	0%	0%	-	0%
9:00 PM	-	-	-	- **	-	-	-	- *	- **	- **	-	-	-	-	-
9:30 PM	0%	0%	-	- **	0%	-	0%	- *	- **	- **	1%	-	-	-	0%

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US_nat_int Sample: 11th - 12th September 2019



	Total	Race			Education				Marital Status						
		Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced
8:30 AM	2%	2%	2%	4%*	2%	2%	3%	3%	3%	-	2%*	-	2%	2%	1%
9:00 AM	5%	4%	2%	5%*	5% U	7% T.U	2%	1%	4%	-	7%*	8%*	4%	6%	5%
9:30 AM	2%	2%	1%	-	2%	2%	2%	1%	1%	-	1%	8% V,Z*	1%	3%	3%
10:00 AM	2%	2%	1%	3%*	2%	2%	3%	1%	2%	-	5%*	2%*	2%	2%	1%
10:30 AM	1%	-	1%	1%*	1%	1%	1%	-	0%	-	2%*	-	1%	2%	2%
11:00 AM	1%	1%	0%	2%*	2%	1%	1%	-	0%	-	3% V,Z*	3%*	1%	2%	1%
11:30 AM	0%	-	1%	-	1%	0%	-	-	-	-	4% V,Z,AA,AB*	-	0%	1%	-
12:00 PM	1%	1%	1%	-	1%	1%	1%	1%	0%	-	1%*	-	0%	1%	2%
12:30 PM	0%	1%	0%	-	0%	1%	-	1%	0%	-	-	-	0%	1%	-
1:00 PM	1%	-	2%	-	1%	1%	0%	-	0%	-	-	11% V,X,Z,AA,AB,AC	1%	2%	-
1:30 PM	0%	-	-	-	0%	-	-	-	-	-	-	-	-	0%	-
2:00 PM	1%	6% N.P.Q	-	-	2% S	-	1%	-	1%	-	1%*	3% AA*	1%	0%	1%
2:30 PM	0%	-	-	1% N*	0%	-	0%	-	-	-	-	3% V,Z,AA*	0%	-	1%
3:00 PM	1%	-	1%	-	1%	0%	-	1%	0%	-	-	-	0%	1%	3%
3:30 PM	0%	-	-	-	0%	-	-	-	-	-	-	-	-	0%	-
4:00 PM	0%	-	-	-	-	0%	0%	-	0%	-	-	-	0%	0%	-
4:30 PM	0%	1%	-	-	-	0%	0%	-	-	-	-	-	-	1%	-
5:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
5:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
6:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
6:30 PM	0%	-	-	-	0%	-	-	-	-	-	-	-	-	0%	-
7:00 PM	0%	1%	-	-	0%	-	-	-	-	-	-	-	-	1%	-
7:30 PM	0%	-	-	-	-	-	0%	1%	0%	-	-	-	0%	0%	-
8:00 PM	0%	-	-	-	-	-	-	2% R.S	0%	-	-	-	0%	-	-
8:30 PM	0%	-	0%	-	-	0%	-	-	-	-	1% V*	-	0%	-	1%
9:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9:30 PM	0%	-	-	-	0%	-	0%	-	0%	-	-	-	0%	0%	-

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Parent or guardian of any children									Income				Urban
		Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k	\$40k to \$80k	\$80k+	Don't know / Prefer not to say	
		8:30 AM	2%	- *	-- **	-- **	3% **	1%	3% AG	2% AG	2%	2% *	2%	3%	
9:00 AM	5%	4% *	6% **	19% **	4% **	3%	5% AG	4% AG	5%	4% *	7% AN	4% AN	1%	4%	6%
9:30 AM	2%	4% V*	-- **	-- **	-- **	1%	2%	1%	3%	-- *	3%	1%	1%	3%	2%
10:00 AM	2%	-- *	6% **	-- **	-- **	2%	2%	2%	2%	4% *	3%	2%	2%	2%	2%
10:30 AM	1%	-- *	-- **	-- **	3% **	1%	0%	1%	2% AH	-- *	2% AN	1%	--	1%	1%
11:00 AM	1%	-- *	-- **	-- **	-- **	1%	1%	1%	2% AH	2% *	2% AN	1%	0%	1%	1%
11:30 AM	0%	-- *	-- **	-- **	-- **	0%	--	0%	1% AH.AI	-- *	1%	0%	--	2% AN	0%
12:00 PM	1%	-- *	-- **	-- **	7% **	0%	1%	0%	1%	-- *	1%	1%	0%	1%	1%
12:30 PM	0%	-- *	-- **	-- **	-- **	1%	--	0% AH	1%	-- *	0%	1%	0%	1%	0%
1:00 PM	1%	-- *	-- **	-- **	-- **	0%	--	0%	2% AG.AH.AI	-- *	0%	2%	1%	1%	1%
1:30 PM	0%	-- *	-- **	-- **	-- **	0%	--	0%	--	-- *	0%	--	--	--	0%
2:00 PM	1%	-- *	-- **	-- **	-- **	2%	0%	1% AH	1%	-- *	2%	1%	0%	1%	2% AQ
2:30 PM	0%	-- *	-- **	-- **	-- **	--	0%	0%	0%	-- *	--	--	0%	1%	--
3:00 PM	1%	-- *	-- **	-- **	-- **	0%	1%	1%	1%	-- *	1%	1%	--	--	--
3:30 PM	0%	-- *	-- **	-- **	-- **	--	--	--	0%	-- *	--	--	--	1%	--
4:00 PM	0%	-- *	-- **	-- **	-- **	--	--	--	0%	-- *	--	0%	0%	--	0%
4:30 PM	0%	-- *	-- **	-- **	-- **	0%	--	0%	0%	-- *	--	0%	0%	--	0%
5:00 PM	--	-- *	-- **	-- **	-- **	--	--	--	--	-- *	--	--	--	--	--
5:30 PM	--	-- *	-- **	-- **	-- **	--	--	--	--	-- *	--	--	--	--	--
6:00 PM	--	-- *	-- **	-- **	-- **	--	--	--	--	-- *	--	--	--	--	--
6:30 PM	0%	-- *	-- **	-- **	-- **	--	--	--	0%	-- *	0%	--	--	--	0%
7:00 PM	0%	-- *	-- **	-- **	-- **	0%	--	0%	--	2% AH.AI.AJ*	--	0%	--	1%	0%
7:30 PM	0%	-- *	-- **	-- **	-- **	--	--	--	0%	-- *	--	0%	0%	--	--
8:00 PM	0%	-- *	-- **	-- **	-- **	0%	0%	0%	--	-- *	--	--	1%	--	0%
8:30 PM	0%	-- *	-- **	-- **	-- **	--	0%	0%	0%	-- *	--	0%	--	--	0%
9:00 PM	--	-- *	-- **	-- **	-- **	--	--	--	--	-- *	--	--	--	--	--
9:30 PM	0%	-- *	-- **	-- **	-- **	--	--	--	0%	2% AG.AH.AI*	0%	--	--	--	--

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Type of Area Lived in		
		Suburban/ Town	Rural	Other
8:30 AM	2%	2%	3%	- **
9:00 AM	5%	4%	4%	- **
9:30 AM	2%	2%	2%	- **
10:00 AM	2%	2%	3%	12% **
10:30 AM	1%	1%	2%	- **
11:00 AM	1%	1%	1%	- **
11:30 AM	0%	1%	0%	- **
12:00 PM	1%	1%	0%	- **
12:30 PM	0%	1%	-	- **
1:00 PM	1%	1%	-	- **
1:30 PM	0%	-	-	- **
2:00 PM	1%	-	2% AQ	- **
2:30 PM	0%	0%	0%	- **
3:00 PM	1%	1%	1% AP	- **
3:30 PM	0%	0%	-	- **
4:00 PM	0%	0%	-	- **
4:30 PM	0%	0%	-	- **
5:00 PM	-	-	-	- **
5:30 PM	-	-	-	- **
6:00 PM	-	-	-	- **
6:30 PM	0%	-	-	- **
7:00 PM	0%	0%	-	- **
7:30 PM	0%	0%	-	- **
8:00 PM	0%	0%	-	- **
8:30 PM	0%	-	0%	- **
9:00 PM	-	-	-	- **
9:30 PM	0%	0%	-	- **

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Gender		Generation							Region				
		Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
10:00 PM	0%	0%	0%	-	0%	0%	-	-	-	-	0%	-	-	0%	0%
10:30 PM	-	-	-	**	-	-	-	*	**	**	-	-	-	-	-
11:00 PM	0%	0%	0%	**	0%	0%	-	*	**	**	-	-	0%	0%	0%
11:30 PM	0%	-	0%	**	-	0%	-	*	**	**	-	-	-	0%	0%
Don't know	1%	1%	1%	**	1%	1%	1%	-	-	-	2%	1%	1%	1%	1%

rd_r_q2b. Thinking about a typical day... around what time do you go to bed? Please estimate the time to the nearest half hour.

	Unweighted base	1272	596	676	26	420	339	429	58	-	-	257	274	442	299	844
Base: All US Adults	1272	620	652	31	421	325	434	62	-	-	-	226	267	479	300	843
12:00 AM	7%	7%	7%	**	8%	8%	8%	6%	5%	-	**	7%	7%	6%	8%	7%
12:30 AM	5%	6%	4%	**	5%	9%	3%	3%	3%	-	**	6%	4%	5%	5%	4%
1:00 AM	6%	7%	5%	**	3%	8%	6%	5%	1%	-	**	11%	5%	4%	7%	5%
1:30 AM	3%	4%	2%	**	8%	4%	1%	2%	-	-	**	3%	2%	2%	4%	2%
2:00 AM	3%	3%	3%	**	6%	3%	4%	3%	3%	-	**	3%	2%	3%	5%	3%
2:30 AM	2%	2%	1%	**	3%	3%	2%	1%	2%	-	**	2%	3%	2%	1%	1%
3:00 AM	1%	1%	1%	**	-	1%	1%	1%	2%	-	**	0%	1%	2%	1%	1%
3:30 AM	1%	1%	1%	**	-	1%	1%	1%	-	-	**	1%	2%	1%	0%	1%
4:00 AM	1%	1%	1%	**	-	1%	2%	1%	2%	-	**	1%	3%	0%	1%	2%
4:30 AM	1%	1%	0%	**	-	1%	1%	0%	-	-	**	1%	1%	0%	0%	0%
5:00 AM	1%	0%	2%	**	-	1%	1%	1%	*	-	**	1%	0%	1%	1%	1%
5:30 AM	0%	0%	0%	**	-	0%	1%	0%	-	-	**	0%	1%	0%	-	0%
6:00 AM	1%	1%	1%	**	-	1%	0%	1%	-	-	**	0%	0%	1%	1%	1%
6:30 AM	1%	1%	1%	**	-	1%	1%	2%	-	-	**	0%	1%	1%	1%	1%
7:00 AM	1%	0%	1%	**	-	0%	1%	0%	-	-	**	1%	-	1%	0%	0%
7:30 AM	1%	1%	0%	**	-	1%	1%	0%	-	-	**	1%	1%	0%	1%	1%
8:00 AM	1%	1%	0%	**	-	0%	1%	1%	-	-	**	1%	-	1%	1%	1%
8:30 AM	1%	1%	1%	**	-	1%	1%	0%	-	-	**	-	1%	0%	1%	1%
9:00 AM	1%	1%	1%	**	-	1%	2%	1%	-	-	**	1%	1%	2%	1%	1%
9:30 AM	1%	1%	1%	-	-	0%	1%	1%	2%	-	-	1%	2%	0%	1%	1%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Race			Education				Marital Status							
	Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced	
10:00 PM	0%	-	-	*	-	0%	-	1%	0%	-	*	-	0%	-	-
10:30 PM	-	-	-	*	-	-	-	-	-	**	*	-	-	-	-
11:00 PM	0%	-	1%	*	-	0%	-	-	-	**	V*	*	0%	-	1%
11:30 PM	0%	-	-	*	-	-	-	1%	0%	-	*	-	0%	-	-
Don't know	1%	1%	3%	1%	2%	1%	1%	-	1%	-	-	-	1%	1%	3%

rd_r_q2b. Thinking about a typical day... around what time do you go to bed? Please estimate the time to the nearest half hour.

	Unweighted base	1272	154	191	83	495	423	225	129	608	16	96	35	755	309	107
Base: All US Adults		1272	150	198	81	514	395	232	130	609	20	90	35	753	306	110
12:00 AM	7%	8%	7%	10%	6%	9%	6%	8%	7%	19%	11%	7%	8%	7%	1%	
12:30 AM	5%	6%	6%	12%	6%	4%	5%	4%	3%	20%	4%	16%	5%	7%	1%	
1:00 AM	6%	9%	4%	14%	6%	8%	5%	4%	4%	14%	5%	19%	5%	8%	3%	
1:30 AM	3%	4%	4%	2%	2%	4%	3%	-	1%	10%	1%	10%	2%	3%	5%	
2:00 AM	3%	3%	2%	6%	5%	2%	2%	2%	2%	-	4%	3%	2%	4%	2%	
2:30 AM	2%	4%	3%	2%	3%	1%	1%	2%	2%	-	2%	-	2%	2%	2%	
3:00 AM	1%	-	1%	1%	2%	1%	1%	0%	1%	-	4%	-	1%	1%	3%	
3:30 AM	1%	1%	2%	1%	1%	0%	1%	-	1%	-	1%	-	1%	1%	-	
4:00 AM	1%	-	1%	1%	2%	1%	-	1%	1%	-	-	3%	1%	2%	4%	
4:30 AM	1%	2%	-	1%	1%	0%	0%	0%	1%	-	-	-	1%	1%	-	
5:00 AM	1%	3%	1%	-	1%	1%	1%	2%	1%	-	2%	-	1%	1%	-	
5:30 AM	0%	-	0%	1%	0%	1%	-	-	0%	-	-	-	0%	1%	-	
6:00 AM	1%	1%	1%	1%	1%	1%	1%	1%	1%	-	1%	-	1%	-	3%	
6:30 AM	1%	-	1%	1%	1%	1%	1%	-	1%	-	1%	-	1%	1%	1%	
7:00 AM	1%	-	2%	-	1%	1%	-	1%	0%	5%	-	-	0%	1%	-	
7:30 AM	1%	1%	1%	-	0%	1%	1%	1%	0%	-	1%	3%	1%	1%	-	
8:00 AM	1%	1%	-	3%	1%	0%	1%	1%	0%	-	1%	-	0%	1%	2%	
8:30 AM	1%	1%	1%	-	1%	0%	1%	1%	1%	-	-	-	1%	1%	-	
9:00 AM	1%	1%	1%	1%	1%	2%	-	1%	1%	-	-	-	1%	2%	3%	
9:30 AM	1%	1%	0%	-	1%	1%	0%	2%	1%	-	1%	-	1%	0%	3%	

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Parent or guardian of any children					Income					Urban			
		Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k		\$40k to \$80k	\$80k+	Don't know / Prefer not to say
10:00 PM	0%	-	-	-	-	1%	-	0%	-	-	-	-	1%	-	0%
10:30 PM	-	*	**	**	**	-	-	-	-	*	-	-	-	-	-
11:00 PM	0%	-	-	-	-	0%	-	0%	0%	*	0%	-	-	-	-
11:30 PM	0%	*	**	**	**	0%	-	0%	-	*	-	-	0%	-	0%
Don't know	1%	-	-	-	14%	1%	0%	1%	1%	2%	1%	1%	-	4%	2%
		*	**	**	**					*				AL.AM.AN	

rd_r_q2b. Thinking about a typical day... around what time do you go to bed? Please estimate the time to the nearest half hour.

	Unweighted base	53	18	5	25	356	455	754	463	54	421	357	316	178	387
12:00 AM	1272	52	19	5	27	348	458	753	466	52	420	363	311	179	389
12:30 AM	7%	3%	6%	-	17%	6%	8%	7%	7%	6%	8%	5%	8%	7%	7%
1:00 AM	5%	3%	11%	59%	3%	6%	3%	4%	6%	8%	5%	5%	6%	4%	5%
1:30 AM	6%	12%	17%	-	6%	5%	6%	5%	7%	8%	9%	6%	4%	4%	6%
2:00 AM	3%	6%	-	-	17%	3%	3%	3%	3%	11%	5%	2%	3%	3%	4%
2:30 AM	2%	-	-	-	3%	3%	1%	2%	2%	AG.AH.AI.AJ*	3%	2%	1%	2%	3%
3:00 AM	1%	-	-	-	-	1%	1%	1%	1%	2%	1%	1%	1%	2%	1%
3:30 AM	1%	-	7%	20%	-	1%	0%	1%	1%	2%	1%	0%	1%	3%	1%
4:00 AM	1%	-	9%	-	-	1%	2%	1%	1%	-	2%	1%	1%	2%	2%
4:30 AM	1%	-	-	-	4%	1%	0%	1%	0%	2%	0%	0%	1%	1%	1%
5:00 AM	1%	-	5%	-	-	2%	1%	1%	1%	2%	1%	1%	1%	-	2%
5:30 AM	0%	-	-	-	-	-	0%	0%	1%	-	0%	1%	-	-	-
6:00 AM	1%	-	-	-	-	1%	1%	1%	0%	-	0%	1%	1%	1%	2%
6:30 AM	1%	-	-	-	-	1%	1%	1%	1%	-	2%	1%	0%	-	0%
7:00 AM	1%	4%	-	-	-	1%	0%	1%	0%	*	1%	0%	0%	0%	1%
7:30 AM	1%	-	-	-	-	1%	1%	1%	1%	-	1%	1%	1%	-	1%
8:00 AM	1%	-	-	-	-	1%	1%	1%	1%	*	1%	1%	1%	1%	0%
8:30 AM	1%	-	-	-	3%	1%	-	0%	1%	1%	1%	0%	1%	1%	1%
9:00 AM	1%	-	-	-	-	1%	1%	1%	1%	5%	1%	1%	2%	2%	1%
9:30 AM	1%	-	-	-	-	1%	2%	1%	1%	AG.AH.AI.AJ*	1%	1%	1%	1%	1%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Type of Area Lived in		
		Suburban/ Town	Rural	Other
10:00 PM	0%	-	0%	- **
10:30 PM	-	-	-	- **
11:00 PM	0%	0%	0%	- **
11:30 PM	0%	-	-	- **
Don't know	1%	1%	1%	- **

rd_r_q2b. Thinking about a typical day... around what time do you go to bed? Please estimate the time to the nearest half hour.

	Unweighted base	609	261	15
Base: All US Adults	1272	606	262	16
12:00 AM	7%	8%	4%	23%
		AR		**
12:30 AM	5%	5%	5%	7%
				**
1:00 AM	6%	5%	7%	12%
				**
1:30 AM	3%	4%	1%	-
		AR		**
2:00 AM	3%	2%	5%	-
			AQ	**
2:30 AM	2%	1%	1%	-
				**
3:00 AM	1%	1%	1%	7%
				**
3:30 AM	1%	0%	1%	-
				**
4:00 AM	1%	1%	1%	6%
				**
4:30 AM	1%	1%	0%	-
				**
5:00 AM	1%	1%	0%	-
				**
5:30 AM	0%	1%	-	-
				**
6:00 AM	1%	1%	-	-
				**
6:30 AM	1%	1%	2%	-
			AP	**
7:00 AM	1%	0%	1%	-
				**
7:30 AM	1%	0%	0%	-
				**
8:00 AM	1%	1%	-	-
				**
8:30 AM	1%	0%	2%	-
			AQ	**
9:00 AM	1%	1%	1%	-
				**
9:30 AM	1%	0%	2%	-

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Gender		Generation						Region					
		Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
10:00 AM	2%	1%	2%	**	1%	2%	2%	*	**	**	1%	1%	2%	2%	2%
				**				*	**	**					
10:30 AM	3%	3%	3%	7%	2%	4%	2%	2%	-	-	3%	3%	2%	3%	3%
				**				*	**	**					
11:00 AM	2%	3%	2%	-	3%	2%	2%	2%	-	-	2%	1%	3%	1%	2%
				**				*	**	**					
11:30 AM	1%	1%	1%	-	1%	2%	2%	-	-	-	2%	2%	1%	1%	2%
				**				*	**	**					
12:00 PM	1%	1%	1%	-	1%	1%	1%	2%	-	-	2%	1%	1%	1%	1%
				**				*	**	**					
12:30 PM	0%	0%	1%	3%	0%	0%	0%	-	-	-	-	0%	0%	1%	1%
				**				*	**	**					
1:00 PM	0%	0%	0%	-	-	1%	0%	-	-	-	0%	-	-	1%	0%
				**				*	**	**				L	
1:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
				**				*	**	**					
2:00 PM	0%	0%	-	-	-	-	0%	-	-	-	0%	-	-	-	-
				**				*	**	**					
2:30 PM	0%	-	0%	-	0%	-	-	-	-	-	-	-	0%	-	-
				**				*	**	**					
3:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
				**				*	**	**					
3:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
				**				*	**	**					
4:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
				**				*	**	**					
4:30 PM	0%	0%	-	-	0%	-	-	-	-	-	-	-	-	0%	-
				**				*	**	**					
5:00 PM	0%	0%	0%	-	1%	-	-	-	-	-	-	0%	0%	-	-
				**				*	**	**					
5:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
				**				*	**	**					
6:00 PM	0%	0%	-	-	0%	-	-	-	-	-	-	0%	-	0%	0%
				**				*	**	**					
6:30 PM	0%	0%	0%	-	0%	-	-	2%	-	-	-	-	0%	-	0%
				**				E.F*	**	**					
7:00 PM	1%	0%	1%	-	0%	0%	1%	-	-	-	1%	1%	0%	1%	0%
				**				*	**	**					
7:30 PM	0%	0%	0%	-	0%	0%	1%	-	-	-	-	1%	1%	-	0%
				**				*	**	**					
8:00 PM	1%	1%	2%	-	1%	1%	2%	3%	-	-	1%	1%	2%	1%	1%
				**				*	**	**					
8:30 PM	1%	1%	1%	-	1%	1%	1%	3%	-	-	2%	1%	1%	1%	1%
				**				*	**	**					
9:00 PM	5%	5%	5%	-	3%	5%	7%	9%	-	-	6%	4%	5%	5%	5%
				**			D	D*	**	**					
9:30 PM	4%	5%	3%	11%	2%	3%	6%	4%	-	-	2%	4%	5%	5%	4%
				**			D	*	**	**				J	
10:00 PM	11%	9%	13%	12%	8%	11%	15%	12%	-	-	10%	12%	12%	11%	12%
				**			D	*	**	**					
10:30 PM	8%	7%	9%	-	10%	10%	6%	12%	-	-	8%	11%	8%	7%	9%
				**				*	**	**					
11:00 PM	12%	9%	14%	9%	10%	14%	12%	15%	-	-	10%	11%	13%	12%	13%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Race			Education				Marital Status						
	Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced
10:00 AM	2%	2%	1%	1%	2%	2%	3%	2%	5%	*	*	2%	2%	AA
			*				R		**	*	*			-
10:30 AM	3%	2%	3%	1%	3%	4%	1%	3%	-	3%	5%	3%	3%	-
			*						**	*	AB*			
11:00 AM	2%	4%	4%	-	3%	2%	2%	1%	3%	5%	2%	3%	1%	2%
			*						**	*	*			
11:30 AM	1%	-	1%	1%	1%	2%	1%	1%	-	1%	3%	1%	1%	2%
			*						**	*	*			
12:00 PM	1%	1%	3%	-	1%	2%	1%	-	1%	-	3%	1%	1%	1%
			N	*					**	*	*			
12:30 PM	0%	-	-	-	0%	1%	-	-	-	5%	-	0%	1%	1%
			*						**	*	*	V	V	V
1:00 PM	0%	1%	-	-	1%	0%	-	-	0%	-	-	0%	1%	1%
			*						**	*	*			
1:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			*						**	*	*			
2:00 PM	0%	-	0%	-	-	0%	-	-	0%	-	-	0%	-	-
			*						**	*	*			
2:30 PM	0%	1%	-	-	-	0%	-	-	-	-	-	-	0%	-
			*						**	*	*			
3:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			*						**	*	*			
3:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			*						**	*	*			
4:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			*						**	*	*			
4:30 PM	0%	-	-	1%	0%	-	-	-	0%	-	-	0%	-	-
			N*						**	*	*			
5:00 PM	0%	1%	1%	-	0%	0%	0%	-	-	-	-	-	1%	1%
			N	*					**	*	*		Z	V.Z
5:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			*						**	*	*			
6:00 PM	0%	-	-	-	0%	-	0%	-	-	-	-	-	0%	-
			*						**	*	*			
6:30 PM	0%	-	-	-	0%	-	-	-	-	-	-	-	0%	1%
			*						**	*	*		V.Z	
7:00 PM	1%	1%	1%	1%	1%	-	-	0%	-	-	-	0%	1%	3%
			*						**	*	*		V.Z	
7:30 PM	0%	1%	-	-	1%	0%	1%	0%	-	-	-	0%	1%	1%
			*						**	*	*			
8:00 PM	1%	1%	1%	-	1%	2%	1%	-	1%	-	1%	1%	1%	4%
			*						**	*	*		V.Z	
8:30 PM	1%	1%	1%	1%	1%	1%	1%	2%	1%	-	2%	1%	1%	1%
			*						**	*	*			
9:00 PM	5%	4%	6%	5%	5%	4%	6%	6%	6%	9%	2%	5%	4%	5%
			*						**	*	*			
9:30 PM	4%	3%	3%	3%	4%	4%	3%	6%	5%	-	6%	3%	3%	2%
			*						**	*	*			
10:00 PM	11%	8%	13%	5%	12%	9%	11%	16%	14%	-	7%	12%	10%	11%
			Q	*				S	**	*	*	Y		
10:30 PM	8%	5%	7%	8%	7%	8%	11%	11%	11%	4%	11%	10%	5%	3%
			*				R		AA,AB	**	AA,AB*	AA,AB		
11:00 PM	12%	11%	8%	9%	9%	14%	15%	10%	14%	-	13%	13%	8%	17%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Parent or guardian of any children								Income				Urban	
		Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k	\$40k to \$80k	\$80k+		Don't know / Prefer not to say
		*	**	**	**					*					
10:00 AM	2%	-	-	-	-	2%	2%	2%	2%	-	1%	2%	3%	0%	1%
		*	**	**	**					*					
10:30 AM	3%	-	-	-	4%	3%	1%	2%	3%	4%	3%	2%	3%	3%	3%
		*	**	**	**					*					
11:00 AM	2%	2%	-	-	4%	4%	2%	3%	2%	-	2%	3%	1%	3%	3%
		*	**	**	**					*					
11:30 AM	1%	2%	-	-	-	1%	1%	1%	2%	-	1%	1%	0%	3%	2%
		*	**	**	**					*				AN	
12:00 PM	1%	1%	-	-	-	1%	1%	1%	1%	-	1%	2%	1%	-	2%
		*	**	**	**					*					
12:30 PM	0%	-	-	-	-	1%	0%	0%	0%	-	0%	0%	0%	1%	0%
		*	**	**	**					*					
1:00 PM	0%	-	-	-	-	0%	0%	0%	0%	-	1%	-	-	-	-
		*	**	**	**					*					
1:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		*	**	**	**					*					
2:00 PM	0%	-	-	-	-	-	0%	0%	-	-	-	-	0%	-	-
		*	**	**	**					*					
2:30 PM	0%	-	-	-	-	0%	-	0%	-	-	0%	-	-	-	-
		*	**	**	**					*					
3:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		*	**	**	**					*					
3:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		*	**	**	**					*					
4:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		*	**	**	**					*					
4:30 PM	0%	-	-	-	-	-	-	-	0%	-	0%	-	-	-	-
		*	**	**	**					*					
5:00 PM	0%	-	-	-	-	0%	-	0%	0%	-	0%	0%	-	-	0%
		*	**	**	**					*					
5:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		*	**	**	**					*					
6:00 PM	0%	-	-	-	4%	-	-	-	0%	2%	0%	-	-	1%	0%
		*	**	**	**					AG,AH,AI*					
6:30 PM	0%	-	-	-	-	0%	0%	0%	-	-	0%	0%	-	-	0%
		*	**	**	**					*					
7:00 PM	1%	-	4%	-	-	-	1%	1%	0%	1%	1%	1%	-	-	1%
		*	**	**	**		AG	AG		AG*	AN				
7:30 PM	0%	-	-	-	3%	0%	0%	0%	1%	-	0%	1%	-	0%	1%
		*	**	**	**					*					
8:00 PM	1%	2%	-	-	-	1%	1%	1%	1%	4%	2%	2%	-	1%	2%
		*	**	**	**					AG,AI*	AN	AN			
8:30 PM	1%	2%	4%	-	-	1%	1%	1%	1%	-	2%	1%	1%	1%	1%
		*	**	**	**					*					
9:00 PM	5%	9%	-	-	-	4%	5%	5%	5%	6%	5%	5%	5%	5%	4%
		*	**	**	**					*					
9:30 PM	4%	-	-	-	4%	3%	6%	5%	3%	4%	2%	5%	5%	5%	4%
		*	**	**	**		AI			*	AL	AL	AL		
10:00 PM	11%	13%	6%	21%	7%	13%	13%	13%	10%	5%	9%	13%	12%	12%	10%
		γ*	**	**	**					*					
10:30 PM	8%	16%	-	-	-	9%	9%	9%	7%	5%	5%	9%	12%	7%	8%
		AA,AB*	**	**	**					*			AL		
11:00 PM	12%	10%	4%	-	4%	13%	12%	13%	11%	10%	9%	13%	13%	13%	9%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Type of Area Lived in		
		Suburban/ Town	Rural	Other
10:00 AM	2%	2%	AQ 1%	** -
10:30 AM	3%	2%	3%	7% **
11:00 AM	2%	2%	2%	- **
11:30 AM	1%	1%	1%	- **
12:00 PM	1%	1%	1%	- **
12:30 PM	0%	0%	1%	- **
1:00 PM	0%	0%	1%	- **
1:30 PM	-	-	-	- **
2:00 PM	0%	-	0%	- **
2:30 PM	0%	-	0%	- **
3:00 PM	-	-	-	- **
3:30 PM	-	-	-	- **
4:00 PM	-	-	-	- **
4:30 PM	0%	-	0%	- **
5:00 PM	0%	-	0%	- **
5:30 PM	-	-	-	- **
6:00 PM	0%	0%	-	- **
6:30 PM	0%	-	0%	- **
7:00 PM	1%	1%	0%	- **
7:30 PM	0%	0%	1%	- **
8:00 PM	1%	1%	1%	- **
8:30 PM	1%	1%	2%	- **
9:00 PM	5%	4%	8% AP-AQ	6% **
9:30 PM	4%	4%	4%	6% **
10:00 PM	11%	13%	10%	14% **
10:30 PM	8%	8%	10%	7% **
11:00 PM	12%	15%	9%	5%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Gender		Generation							Region						
	Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White		
11:30 PM	7%	7%	A	**	5%	8%	7%	15%	*	**	**	8%	7%	7%	6%	8%
Don't know	1%	2%	1%	16%	1%	1%	1%	-	-	-	-	1%	2%	1%	1%	1%
			**	**	**	**	**	*	*	**	**	*	*	*	*	*

Thinking of your usual habits, do you generally eat the following meals?

rdr_q3_1. Breakfast

Unweighted base	1272	596	676	26	420	339	429	58	-	-	257	274	442	299	844
Base: All US Adults	1272	620	652	31	421	325	434	62	-	-	226	267	479	300	843
Yes, every day	47%	48%	47%	67%	45%	38%	53%	61%	**	**	55%	44%	46%	48%	49%
			**	**	**	**	D.E	D.E*	**	**	K.L				
Yes, but only on some days	38%	38%	39%	14%	37%	45%	37%	33%	-	-	36%	36%	41%	37%	36%
			**	**	**	**	D.F	*	**	**					
No, I never eat this meal	12%	12%	13%	10%	14%	16%	10%	5%	-	-	8%	17%	12%	12%	14%
			**	**	**	**	F.G	*	**	**	J				O.P
Don't know	2%	2%	2%	9%	4%	0%	1%	-	-	-	1%	2%	1%	3%	1%
			**	**	**	**	E.F	*	**	**	*	*	*	*	*

rdr_q3_2. Lunch

Unweighted base	1272	596	676	26	420	339	429	58	-	-	257	274	442	299	844
Base: All US Adults	1272	620	652	31	421	325	434	62	-	-	226	267	479	300	843
Yes, every day	52%	53%	52%	63%	53%	52%	49%	58%	-	-	49%	51%	54%	53%	55%
			**	**	**	**	**	*	**	**	O				
Yes, but only on some days	40%	38%	41%	25%	36%	42%	43%	34%	-	-	43%	38%	38%	41%	39%
			**	**	**	**	D	*	**	**					
No, I never eat this meal	7%	8%	6%	3%	7%	5%	7%	8%	-	-	7%	8%	7%	4%	5%
			**	**	**	**	*	*	**	**					
Don't know	2%	2%	1%	9%	4%	0%	1%	-	-	-	1%	2%	1%	2%	1%
			**	**	**	**	E.F	*	**	**	*	*	*	*	*

rdr_q3_3. Dinner

Unweighted base	1272	596	676	26	420	339	429	58	-	-	257	274	442	299	844
Base: All US Adults	1272	620	652	31	421	325	434	62	-	-	226	267	479	300	843
Yes, every day	78%	77%	79%	73%	71%	80%	82%	82%	-	-	76%	80%	78%	75%	82%
			**	**	**	**	D	D	*	**	O.P				
Yes, but only on some days	18%	18%	18%	18%	21%	19%	17%	12%	-	-	21%	16%	18%	19%	16%
			**	**	**	**	*	*	**	**					
No, I never eat this meal	3%	3%	2%	-	5%	1%	1%	6%	-	-	2%	2%	2%	4%	1%
			**	**	**	**	E.F	E.F*	**	**					
Don't know	1%	2%	1%	9%	3%	-	1%	-	-	-	1%	2%	1%	2%	1%
			**	**	**	**	E.F	*	**	**	*	*	*	*	*

rdr_q4. Thinking about a typical day... around what time do you eat breakfast? Please estimate the time to the nearest half hour.

Unweighted base	1087	508	579	20	341	285	386	55	-	-	232	219	382	254	713
Base: All US Adults	1090	532	558	25	345	272	389	59	-	-	204	215	416	254	712
12:00 AM	1%	2%	0%	-	4%	-	0%	-	-	-	0%	2%	1%	1%	0%
			**	**	E.F		*	**	**	**					
12:30 AM	1%	1%	1%	-	2%	1%	0%	-	-	-	-	1%	1%	1%	0%
			**	**	F		*	**	**	**					
1:00 AM	1%	1%	1%	5%	2%	0%	0%	-	-	-	1%	1%	1%	2%	1%
			**	**	F		*	**	**	**					
1:30 AM	0%	1%	-	-	1%	-	-	-	-	-	1%	-	-	0%	0%
			**	**	*		*	**	**	**	L				
2:00 AM	1%	1%	0%	-	2%	-	0%	-	-	-	1%	3%	0%	0%	-

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Race			Education				Marital Status						
	Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced
11:30 PM	7%	6%	4*	6%	R	R	11%	AA	**	*	*	AA	6%	AA
Don't know	1%	3%	2*	2%	1%	1%	-	1%	-	-	-	1%	2%	3%

Thinking of your usual habits, do you generally eat the following meals?

rdr_q3_1. Breakfast

Unweighted base	1272	154	191	83	495	423	225	129	608	16	96	35	755	309	107
Base: All US Adults	1272	150	198	81	514	395	232	130	609	20	90	35	753	306	110
Yes, every day	47%	40%	49%	45%	43%	46%	50%	64%	55%	25%	34%	41%	51%	40%	54%
Yes, but only on some days	38%	51%	42%	29%	40%	42%	36%	24%	34%	56%	50%	44%	37%	42%	37%
No, I never eat this meal	12%	6%	6%	20%	15%	10%	12%	10%	11%	15%	14%	12%	11%	16%	8%
Don't know	2%	2%	2%	6%	2%	2%	1%	1%	1%	4%	2%	3%	1%	2%	1%

rdr_q3_2. Lunch

Unweighted base	1272	154	191	83	495	423	225	129	608	16	96	35	755	309	107
Base: All US Adults	1272	150	198	81	514	395	232	130	609	20	90	35	753	306	110
Yes, every day	52%	38%	52%	55%	49%	48%	58%	68%	58%	36%	37%	52%	54%	52%	51%
Yes, but only on some days	40%	50%	35%	33%	40%	43%	38%	31%	36%	59%	58%	35%	39%	38%	43%
No, I never eat this meal	7%	10%	9%	8%	9%	7%	4%	-	6%	5%	4%	8%	6%	9%	6%
Don't know	2%	3%	4%	5%	2%	2%	0%	1%	1%	-	1%	5%	1%	2%	-

rdr_q3_3. Dinner

Unweighted base	1272	154	191	83	495	423	225	129	608	16	96	35	755	309	107
Base: All US Adults	1272	150	198	81	514	395	232	130	609	20	90	35	753	306	110
Yes, every day	78%	68%	67%	77%	77%	75%	79%	86%	84%	48%	75%	79%	82%	71%	84%
Yes, but only on some days	18%	26%	25%	12%	18%	20%	19%	12%	13%	52%	24%	17%	16%	24%	16%
No, I never eat this meal	3%	4%	6%	6%	3%	3%	1%	1%	2%	-	1%	5%	2%	4%	-
Don't know	1%	2%	2%	5%	2%	1%	0%	1%	0%	-	-	-	0%	1%	-

rdr_q4a. Thinking about a typical day... around what time do you eat breakfast? Please estimate the time to the nearest half hour.

Unweighted base	1087	139	174	61	404	373	195	115	537	12	81	30	660	251	97
Base: All US Adults	1090	137	181	60	426	348	201	115	537	16	76	29	658	250	100
12:00 AM	1%	1%	5%	-	2%	1%	0%	-	-	30%	2%	3%	1%	1%	1%
12:30 AM	1%	1%	2%	4%	1%	1%	-	1%	1%	7%	-	3%	1%	-	-
1:00 AM	1%	3%	1%	-	1%	2%	1%	1%	0%	12%	1%	-	1%	1%	1%
1:30 AM	0%	-	1%	1%	0%	0%	0%	-	0%	-	-	3%	0%	-	-
2:00 AM	1%	5%	1%	3%	2%	-	-	-	2%	-	-	-	1%	-	-

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Parent or guardian of any children					Income					Urban				
	Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k		\$40k to \$80k	\$80k+	Don't know / Prefer not to say	
11:30 PM	7%	9%	11%	-	4%	6%	8%	8%	6%	5%	7%	6%	8%	8%	6%
Don't know	1%	-	-	-	14%	1%	0%	1%	2%	2%	2%	0%	-	5%	2%

Thinking of your usual habits, do you generally eat the following meals?

rdr_q3_1. Breakfast

Unweighted base	1272	53	18	5	25	356	455	754	463	54	421	357	316	178	387
Base: All US Adults	1272	52	19	5	27	348	458	753	466	52	420	363	311	179	389
Yes, every day	47%	50%	16%	21%	38%	48%	51%	50%	44%	37%	45%	46%	56%	41%	49%
Yes, but only on some days	38%	37%	69%	19%	28%	39%	38%	38%	39%	31%	40%	38%	34%	41%	38%
No, I never eat this meal	12%	14%	15%	21%	8%	13%	11%	11%	14%	21%	13%	14%	9%	12%	11%
Don't know	2%	-	-	40%	25%	1%	0%	1%	3%	11%	2%	1%	1%	6%	3%

rdr_q3_2. Lunch

Unweighted base	1272	53	18	5	25	356	455	754	463	54	421	357	316	178	387
Base: All US Adults	1272	52	19	5	27	348	458	753	466	52	420	363	311	179	389
Yes, every day	52%	37%	36%	40%	48%	54%	51%	52%	53%	43%	48%	53%	60%	47%	54%
Yes, but only on some days	40%	59%	46%	40%	23%	40%	43%	41%	37%	36%	42%	40%	35%	41%	38%
No, I never eat this meal	7%	4%	11%	-	4%	6%	6%	6%	7%	9%	9%	7%	4%	6%	6%
Don't know	2%	-	7%	20%	25%	1%	0%	0%	3%	12%	1%	0%	1%	6%	2%

rdr_q3_3. Dinner

Unweighted base	1272	53	18	5	25	356	455	754	463	54	421	357	316	178	387
Base: All US Adults	1272	52	19	5	27	348	458	753	466	52	420	363	311	179	389
Yes, every day	78%	66%	49%	40%	57%	81%	79%	80%	75%	57%	73%	79%	83%	76%	76%
Yes, but only on some days	18%	28%	40%	-	11%	16%	19%	17%	20%	24%	23%	17%	15%	16%	20%
No, I never eat this meal	3%	4%	7%	20%	7%	2%	2%	2%	3%	7%	2%	4%	2%	2%	2%
Don't know	1%	2%	4%	41%	25%	0%	0%	0%	2%	13%	1%	0%	-	6%	1%

rdr_q4a. Thinking about a typical day... around what time do you eat breakfast? Please estimate the time to the nearest half hour.

Unweighted base	1087	46	15	2	16	309	404	666	383	37	354	301	284	148	334
Base: All US Adults	1090	45	16	2	18	302	406	665	388	36	356	308	278	147	337
12:00 AM	1%	-	8%	48%	13%	2%	1%	1%	1%	6%	1%	2%	-	3%	1%
12:30 AM	1%	-	8%	-	4%	1%	1%	1%	1%	3%	1%	-	1%	1%	1%
1:00 AM	1%	3%	13%	-	-	1%	0%	1%	1%	3%	1%	1%	1%	1%	1%
1:30 AM	0%	5%	-	-	-	-	-	-	0%	5%	1%	0%	0%	-	-
2:00 AM	1%	2%	-	-	-	2%	1%	1%	0%	-	2%	1%	-	-	2%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Type of Area Lived in		
		Suburban/ Town	Rural	Other
		AP_AR		
11:30 PM	7%	8%	7%	-
Don't know	1%	1%	1%	-
				**

Thinking of your usual habits, do you generally eat the following meals?

rdr_q3_1. Breakfast

Unweighted base	1272	609	261	15
Base: All US Adults	1272	606	262	16
Yes, every day	47%	49%	44%	36%
				**
Yes, but only on some days	38%	38%	40%	37%
				**
No, I never eat this meal	12%	12%	15%	13%
				**
Don't know	2%	1%	1%	15%
				**

rdr_q3_2. Lunch

Unweighted base	1272	609	261	15
Base: All US Adults	1272	606	262	16
Yes, every day	52%	53%	50%	13%
				**
Yes, but only on some days	40%	38%	44%	67%
				**
No, I never eat this meal	7%	7%	5%	11%
				**
Don't know	2%	1%	1%	9%
				**

rdr_q3_3. Dinner

Unweighted base	1272	609	261	15
Base: All US Adults	1272	606	262	16
Yes, every day	78%	78%	80%	82%
				**
Yes, but only on some days	18%	19%	16%	9%
				**
No, I never eat this meal	3%	3%	3%	-
				**
Don't know	1%	1%	1%	9%
				**

rdr_q4a. Thinking about a typical day... around what time do you eat breakfast? Please estimate the time to the nearest half hour.

Unweighted base	1087	524	218	11
Base: All US Adults	1090	523	219	11
12:00 AM	1%	1%	1%	12%
				**
12:30 AM	1%	0%	1%	8%
				**
1:00 AM	1%	1%	1%	-
				**
1:30 AM	0%	1%	1%	-
				**
2:00 AM	1%	0%	1%	-
				**

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Gender		Generation						Region					
		Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
2:30 AM	0%	1% B	-	**	E.F	-	-	*	**	**	-	LM	0%	1%	-
3:00 AM	0%	0%	0%	-	F	1%	-	-	**	**	1%	-	0%	-	0%
3:30 AM	1%	1%	0%	-	F	0%	-	-	**	**	0%	-	1%	1%	0%
4:00 AM	1%	1% B	0%	-	0%	1%	1%	-	-	-	1%	1%	1%	1%	1%
4:30 AM	0%	1% B	-	**	0%	1%	0%	-	**	**	1%	0%	-	0%	1%
5:00 AM	2%	1%	2%	-	2%	1%	2%	2%	-	-	1%	1%	2%	2%	2%
5:30 AM	2%	3%	2%	4%	1%	3%	2%	3%	-	-	3%	2%	2%	2%	2%
6:00 AM	5%	6%	4%	15%	5%	5%	5%	3%	-	-	8%	5%	4%	4%	5%
6:30 AM	6%	6%	5%	6%	6%	6%	5%	4%	-	-	5%	7%	5%	5%	5%
7:00 AM	9%	11% B	7%	13%	5%	12%	11%	4%	-	-	9%	10%	9%	7%	11% P
7:30 AM	8%	7%	8%	12%	8%	7%	7%	7%	-	-	5%	8%	8%	8%	8%
8:00 AM	14%	13%	15%	4%	15%	8%	17%	21%	-	-	14%	16%	15%	12%	15% P
8:30 AM	9%	8%	10%	8%	9%	11%	9%	7%	-	-	11%	8%	10%	7%	8%
9:00 AM	13%	10%	16%	17%	11%	15%	11%	22%	-	-	10%	13%	13%	16%	12%
9:30 AM	6%	5%	6%	4%	5%	5%	7%	6%	-	-	6%	5%	6%	6%	5%
10:00 AM	8%	7%	10%	-	6%	9%	9%	16%	-	-	9%	6%	9%	9%	9%
10:30 AM	3%	2%	4%	-	3%	4%	3%	2%	-	-	4%	3%	2%	4%	3%
11:00 AM	3%	3%	3%	-	2%	4%	4%	-	-	-	3%	2%	3%	4%	3%
11:30 AM	1%	1%	1%	-	1%	2%	1%	-	-	-	1%	3%	0%	1%	1%
12:00 PM	1%	1%	1%	-	2%	1%	0%	2%	-	-	0%	0%	2%	-	1%
12:30 PM	0%	-	0%	-	0%	-	0%	-	-	-	-	0%	-	0%	0%
1:00 PM	1%	0%	2%	-	2%	2%	1%	-	-	-	1%	1%	2%	2%	2%
Don't know	2%	3%	2%	12%	2%	3%	2%	-	-	-	3%	1%	3%	2%	2%

rdr_q4b. Thinking about a typical day... around what time do you eat lunch? Please estimate the time to the nearest half hour.	Unweighted base	1165	535	630	22	373	320	397	53	-	-	235	245	405	280	791
	Base: All US Adults	1167	559	609	27	375	307	402	57	-	-	207	240	440	281	792
	8:30 AM	1%	1%	1%	-	2%	1%	0%	-	-	1%	1%	0%	2%	1%	

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Race			Education				Marital Status							
	Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced	
2:30 AM	0%	-	3% N	-	1%	0%	-	-	-	**	*	**	0%	1%	*
3:00 AM	0%	-	0%	-	0%	-	0%	1%	0%	-	**	**	0%	0%	-
3:30 AM	1%	1%	1%	-	0%	1%	0%	1%	1%	-	**	**	1%	1%	-
4:00 AM	1%	-	0%	3% O*	1%	1%	-	-	1%	-	**	**	1%	1%	-
4:30 AM	0%	-	0%	-	0%	1%	0%	1%	1%	-	**	**	1%	-	-
5:00 AM	2%	1%	1%	-	2%	2%	2%	1%	1%	-	**	**	1%	2%	7% V.Z.AA*
5:30 AM	2%	3%	1%	1%	1%	3%	2%	3%	2%	-	**	**	2%	1%	2%
6:00 AM	5%	1%	6%	6%	7%	3%	3%	8%	6%	-	**	**	5%	5%	5%
6:30 AM	6%	4%	5%	12% *	5%	5%	6%	9%	7%	11%	**	**	7%	5%	3%
7:00 AM	9%	6%	5%	5%	6%	8%	14%	15%	12%	-	**	**	10%	8%	7%
7:30 AM	8%	7%	6%	8%	7%	6%	12%	8%	7%	6%	**	**	8%	7%	5%
8:00 AM	14%	16%	9%	11% *	13%	14%	15%	16%	16%	6%	**	**	14%	15%	14%
8:30 AM	9%	6%	16% N.O	8%	11%	8%	7%	9%	10%	6%	**	**	9%	8%	9%
9:00 AM	13%	15%	13%	16% *	12%	15%	12%	12%	12%	11%	**	**	13%	14%	13%
9:30 AM	6%	9%	5%	5%	7%	6%	3%	4%	5%	6%	**	**	6%	6%	6%
10:00 AM	8%	8%	8%	5%	8%	9%	11%	2%	8%	5%	**	**	8%	8%	7%
10:30 AM	3%	5%	2%	3%	3%	4%	2%	2%	3%	-	**	**	3%	4%	3%
11:00 AM	3%	3%	4%	4%	2%	4%	3%	2%	2%	-	**	**	2%	4%	6%
11:30 AM	1%	-	2%	2%	2%	1%	0%	2%	1%	-	**	**	1%	1%	1%
12:00 PM	1%	1%	1%	2%	1%	1%	1%	-	0%	-	**	**	1%	2%	1%
12:30 PM	0%	-	-	-	0%	-	-	-	0%	-	**	**	0%	0%	-
1:00 PM	1%	2%	0%	1%	1%	1%	1%	4%	1%	-	**	**	1%	1%	4%
Don't know	2%	2%	2%	-	3%	2%	3%	-	1%	-	**	**	1%	4%	5%

rdr_q4b. Thinking about a typical day... around what time do you eat lunch? Please estimate the time to the nearest half hour.

Unweighted base	1165	133	169	72	434	388	216	127	566	15	91	30	702	275	101
Base: All US Adults	1167	131	174	71	455	361	223	129	568	19	86	30	702	274	103
8:30 AM	1%	1%	3%	3%	1%	1%	-	1%	1%	5%	-	3%	1%	0%	1%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Parent or guardian of any children					Income					Urban					
	Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k		\$40k to \$80k	\$80k+	Don't know / Prefer not to say		
2:30 AM	0%	-	-	-	-	1%	-	0%	1%	*	AN	0%	1%	-	-	AQ
	*	**	**	**	**					*						0%
3:00 AM	0%	-	-	-	-	1%	0%	0%	-	1%	-	1%	0%	-	-	0%
	*	**	**	**	**					AJ*						
3:30 AM	1%	-	-	-	-	2%	0%	1%	0%	-	1%	1%	0%	-	-	1%
	*	**	**	**	**	AH.AI.AJ		AH		*						AQ
4:00 AM	1%	-	-	-	-	1%	0%	1%	1%	-	1%	1%	0%	1%	1%	1%
	*	**	**	**	**					*						
4:30 AM	0%	-	-	-	-	1%	1%	1%	0%	-	0%	1%	0%	-	-	-
	*	**	**	**	**					*						
5:00 AM	2%	-	-	-	-	2%	2%	2%	2%	-	2%	2%	1%	2%	3%	3%
	*	**	**	**	**					*						AR
5:30 AM	2%	4%	-	-	12%	2%	2%	2%	2%	6%	1%	3%	4%	1%	2%	2%
	*	**	**	**	**					*			AL			
6:00 AM	5%	2%	14%	-	6%	7%	4%	5%	5%	-	5%	4%	8%	3%	7%	7%
	*	**	**	**	**					*			AM.AO			
6:30 AM	6%	4%	-	-	-	8%	4%	6%	5%	-	4%	5%	8%	5%	5%	5%
	*	**	**	**	**	AH.AI		AH		*						
7:00 AM	9%	2%	14%	-	-	10%	10%	10%	8%	7%	6%	9%	13%	10%	9%	9%
	*	**	**	**	**					*			AL			
7:30 AM	8%	15%	5%	52%	-	6%	6%	6%	10%	2%	6%	7%	9%	10%	8%	8%
	*	AB*	**	**	**				AI	*						
8:00 AM	14%	14%	-	-	14%	13%	16%	15%	11%	19%	14%	15%	11%	18%	9%	9%
	*	**	**	**	**					*						
8:30 AM	9%	13%	7%	-	6%	9%	9%	10%	8%	11%	11%	7%	10%	7%	9%	9%
	*	**	**	**	**					*						
9:00 AM	13%	16%	5%	-	4%	10%	14%	12%	14%	16%	13%	14%	13%	11%	13%	13%
	*	**	**	**	**					*						
9:30 AM	6%	-	21%	-	5%	4%	7%	6%	5%	8%	7%	6%	5%	4%	5%	5%
	*	**	**	**	**					*						
10:00 AM	8%	12%	-	-	8%	6%	9%	8%	9%	4%	7%	10%	8%	8%	7%	7%
	*	**	**	**	**					*						
10:30 AM	3%	-	-	-	5%	3%	3%	3%	3%	3%	4%	3%	1%	4%	4%	4%
	*	**	**	**	**					*						
11:00 AM	3%	9%	-	-	-	3%	3%	3%	4%	-	5%	3%	2%	2%	5%	5%
	*	V.X.Z*	**	**	**					*	AN				AQ	
11:30 AM	1%	-	-	-	6%	2%	2%	2%	1%	-	2%	0%	1%	3%	1%	1%
	*	**	**	**	**					*	AM			AM		
12:00 PM	1%	-	-	-	-	1%	0%	1%	2%	-	2%	-	1%	-	0%	0%
	*	**	**	**	**					*	AM					
12:30 PM	0%	-	-	-	-	0%	0%	0%	-	-	0%	-	-	-	-	1%
	*	**	**	**	**					*						
1:00 PM	1%	-	5%	-	-	2%	1%	1%	2%	2%	1%	3%	2%	1%	2%	2%
	*	**	**	**	**					*						AR
Don't know	2%	-	-	-	16%	1%	2%	2%	3%	2%	2%	2%	0%	7%	2%	2%
	*	**	**	**	**					*				AL.AMAN		

rdr_q4b. Thinking about a typical day... around what time do you eat lunch? Please estimate the time to the nearest half hour.

Unweighted base	1165	51	15	4	17	332	426	704	418	42	377	332	299	157	355
Base: All US Adults	1167	50	15	4	19	325	430	704	421	41	378	337	294	158	356
8:30 AM	1%	-	16%	-	7%	1%	1%	1%	1%	3%	2%	0%	0%	1%	1%
	*	**	**	**	**					*					

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Type of Area Lived in		
		Suburban/ Town	Rural	Other
				**
2:30 AM	0%	1%	-	-
				**
3:00 AM	0%	0%	-	-
				**
3:30 AM	1%	-	1%	-
			AQ	**
4:00 AM	1%	1%	1%	-
				**
4:30 AM	0%	1%	1%	-
				**
5:00 AM	2%	2%	-	-
				**
5:30 AM	2%	2%	2%	-
				**
6:00 AM	5%	4%	4%	8%
				**
6:30 AM	6%	5%	7%	-
				**
7:00 AM	9%	8%	10%	19%
				**
7:30 AM	8%	8%	5%	7%
				**
8:00 AM	14%	19%	10%	20%
		AP_AR		**
8:30 AM	9%	10%	8%	-
				**
9:00 AM	13%	12%	15%	-
				**
9:30 AM	6%	6%	7%	-
				**
10:00 AM	8%	9%	10%	-
				**
10:30 AM	3%	2%	3%	-
				**
11:00 AM	3%	2%	4%	17%
				**
11:30 AM	1%	1%	2%	9%
				**
12:00 PM	1%	1%	2%	-
				**
12:30 PM	0%	-	-	-
				**
1:00 PM	1%	2%	-	-
				**
Don't know	2%	2%	3%	-
				**

rdr_q4b. Thinking about a typical day... around what time do you eat lunch? Please estimate the time to the nearest half hour.

Unweighted base	1165	552	246	12
Base: All US Adults	1167	552	247	12
8:30 AM	1%	0%	1%	11%
				**

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Gender		Generation						Region					
		Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
9:00 AM	1%	2% B	0%	- **	1%	1%	0%	- *	- **	- **	0%	-	1%	1%	1%
9:30 AM	1%	2%	1%	- **	3% E.F	0%	0%	- *	- **	- **	2%	2%	1%	1%	1%
10:00 AM	1%	2%	1%	4% **	2%	1%	1%	- *	- **	- **	1%	1%	1%	2%	1%
10:30 AM	1%	2% B	0%	- **	2% F	1%	-	- *	- **	- **	1%	3% L.M	0%	-	0%
11:00 AM	5%	5%	4%	4% **	3%	5%	7% D	2% *	- **	- **	2%	4%	6% J	6%	6%
11:30 AM	10%	10%	10%	- **	10%	8%	11%	6% *	- **	- **	8%	11%	10%	9%	10%
12:00 PM	19%	20%	18%	36% **	15%	18%	20%	24% *	- **	- **	18%	21%	20% M	14%	20% O.Q
12:30 PM	13%	12%	14%	14% **	10%	12%	15%	21% D*	- **	- **	14%	16%	12%	12%	14%
1:00 PM	17%	15%	19%	10% **	16%	20%	17%	21% *	- **	- **	19%	16%	15%	19%	18% P
1:30 PM	7%	7%	7%	- **	7%	9%	6%	9% *	- **	- **	8%	7%	6%	8%	7%
2:00 PM	9%	9%	9%	7% **	10%	8%	9%	6% *	- **	- **	11%	6%	9%	10%	8%
2:30 PM	3%	2%	3%	4% **	2%	4%	2%	2% *	- **	- **	1%	3%	3%	2%	2%
3:00 PM	3%	4%	3%	- **	4%	4%	3%	2% *	- **	- **	2%	1%	5% K	3%	3%
3:30 PM	1%	1%	1%	- **	2%	1%	1%	2% *	- **	- **	1%	2%	1%	2%	1%
4:00 PM	2%	2%	2%	- **	3% F	2%	1%	- *	- **	- **	2%	1%	2%	2%	1%
4:30 PM	1%	1%	1%	- **	1%	0%	1%	1% *	- **	- **	2% K	-	1%	0%	1%
5:00 PM	1%	-	1% A	- **	0%	1%	0%	- *	- **	- **	-	0%	1%	1%	1%
5:30 PM	1%	1%	0%	- **	1%	-	0%	- *	- **	- **	0%	1%	-	1% L	0%
6:00 PM	0%	-	1%	- **	1%	-	0%	- *	- **	- **	-	-	1%	-	-
6:30 PM	1%	1%	1%	6% **	1%	1%	1%	- *	- **	- **	1%	0%	1%	1%	1%
Don't know	3%	4%	3%	15% **	3%	3%	4%	3% *	- **	- **	5%	2%	4%	4%	4%

rd_r_q4c. Thinking about a typical day... around what time do you eat dinner? Please estimate the time to the nearest half hour.

Unweighted base	1223	568	655	23	387	335	423	55	-	-	249	263	426	285	828
Base: All US Adults	1221	589	632	28	387	320	427	58	-	-	219	257	462	282	827
2:00 PM	1%	1%	1%	4% **	2%	1%	0%	- *	- **	- **	-	1%	2%	1%	1%
2:30 PM	1%	1%	0%	- **	2% F	1%	-	- *	- **	- **	-	0%	1%	1%	1%
3:00 PM	2%	3% B	1%	- **	4% E.F	0%	1%	- *	- **	- **	1%	4% J.M	1%	1%	1%
3:30 PM	1%	1%	1%	-	2%	0%	1%	5%	-	-	1%	-	2%	2%	1%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Race			Education				Marital Status						
		Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced
9:00 AM	1%	1%*	1%	2%*	1%	1%	-	-	0%	-	1%*	-	0%	2%	1%*
9:30 AM	1%	1%*	3%	4% N*	1%	2%	1%	2%	1%	25% **	1%*	3% **	1% V	1%	1%*
10:00 AM	1%	3% N*	1%	3%*	1%	2%	1%	-	1%	10% **	1%*	-	1%	1%	1%*
10:30 AM	1%	5% N.P*	-	-	2%	0%	1%	-	1%	-	1%*	-	1%	1%	-
11:00 AM	5%	3%*	3%	4%*	5%	5%	5%	5%	6%	9% **	4%*	-	5%	4%	4%*
11:30 AM	10%	8%*	9%	12%*	10%	8%	9%	12%	12% Z	6% **	6%*	-	11%	10%	8%*
12:00 PM	19%	8%*	22% O.Q	10%*	21% S	15%	21% S	17%	22% AA.AC	16% **	16%*	9% **	21% AC	16%	19% AC*
12:30 PM	13%	12%*	14%	9%*	12%	12%	15%	16%	15%	5% **	10%*	9% **	14%	11%	13%*
1:00 PM	17%	16%*	10%	24% P*	15%	19%	21%	13%	18%	6% **	22%*	25% **	19%	14%	15%*
1:30 PM	7%	9%*	7%	7%*	6%	9%	5%	11% T	7%	4% **	8%*	3% **	7%	9%	7%*
2:00 PM	9%	11%*	11%	10%*	10%	9%	8%	8%	7%	14% **	11%*	28% **	9% V	8%	9%*
2:30 PM	3%	2%*	3%	6%*	2%	2%	3%	2%	2%	-	5% AA*	10% **	3% V	1%	2%*
3:00 PM	3%	4%*	3%	3%*	3%	3%	3%	3%	2%	-	8% V.Z.AA*	6% **	3% V	3%	4%*
3:30 PM	1%	4% N*	2%	-	1%	2%	1%	2%	1%	-	-	-	1%	2%	2%*
4:00 PM	2%	3%*	3%	1%*	2%	3%	1%	2%	1%	-	1%*	4% **	1%	4%	1%*
4:30 PM	1%	1%*	2%	-	1%	1%	-	1%	0%	-	2%*	-	1%	1%	2%*
5:00 PM	1%	-	1%	2%*	0%	0%	1%	1%	1%	-	1%*	-	1%	0%	2%*
5:30 PM	1%	-	2% N	-	1%	0%	-	-	-	-	-	-	-	2%	1% V.Z*
6:00 PM	0%	2% N*	1% N	-	0%	0%	-	-	0%	-	-	-	0%	0%	1%*
6:30 PM	1%	3%*	-	-	0%	1%	1%	2% R	1%	-	1%*	-	1%	2%	-
Don't know	3%	4%*	2%	3%*	4%	4%	2%	3%	2%	-	-	-	2%	6% V.X.Z	5% X.Z*

rd_r_q4c. Thinking about a typical day... around what time do you eat dinner? Please estimate the time to the nearest half hour.

Unweighted base	1223	144	177	74	472	404	221	126	594	16	95	33	738	294	107
Base: All US Adults	1221	141	181	73	489	376	228	128	595	20	89	33	736	289	110
2:00 PM	1%	3% N	1%	-	1%	1%	1%	-	0%	-	-	3% **	0%	2%	2%
2:30 PM	1%	-	1%	4% N.O*	1%	0%	-	1%	0%	5% **	1%*	-	1%	1%	-
3:00 PM	2%	5% N	3% N	3%*	3%	1%	1%	-	1%	24% **	-	3% **	2% V	1%	2%
3:30 PM	1%	1%	3%	1%	1%	1%	0%	1%	1%	-	3%	3%	1%	1%	-

YouGov RealTime
America's Daily Routine

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	Total	Type of Area Lived in		
		Suburban/ Town	Rural	Other
9:00 AM	1%	1%	0%	-
				**
9:30 AM	1%	2%	0%	7%
				**
10:00 AM	1%	1%	1%	-
				**
10:30 AM	1%	0%	0%	-
				**
11:00 AM	5%	6%	5%	-
				**
11:30 AM	10%	11%	9%	15%
				**
12:00 PM	19%	19%	22%	27%
				**
12:30 PM	13%	13%	15%	7%
				**
1:00 PM	17%	17%	14%	18%
				**
1:30 PM	7%	8%	7%	6%
				**
2:00 PM	9%	7%	12%	-
			AQ	**
2:30 PM	3%	2%	2%	-
				**
3:00 PM	3%	4%	3%	8%
				**
3:30 PM	1%	1%	1%	-
				**
4:00 PM	2%	1%	1%	-
				**
4:30 PM	1%	1%	0%	-
				**
5:00 PM	1%	1%	-	-
				**
5:30 PM	1%	1%	-	-
				**
6:00 PM	0%	0%	-	-
				**
6:30 PM	1%	0%	1%	-
				**
Don't know	3%	3%	4%	-
				**

rd_r_q4c. Thinking about a typical day... around what time do you eat dinner? Please estimate the time to the nearest half hour.

Unweighted base	1223	586	250	14
Base: All US Adults	1221	582	250	14
2:00 PM	1%	0%	1%	10%
				**
2:30 PM	1%	0%	1%	-
				**
3:00 PM	2%	1%	0%	6%
				**
3:30 PM	1%	1%	0%	-

YouGov RealTime
America's Daily Routine

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Total	Gender		Generation							Region				
	Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
			**	3%	1%	3%	E.F*	**	**	2%	2%	2%	3%	2%
4:00 PM	2%	2%	**	3%	1%	3%	3%	-	-	2%	2%	2%	3%	2%
4:30 PM	2%	3%	-	2%	1%	4%	3%	-	-	2%	1%	3%	4%	2%
5:00 PM	7%	7%	3%	4%	8%	10%	12%	-	-	9%	7%	6%	10%	8%
5:30 PM	9%	10%	7%	8%	7%	10%	17%	-	-	11%	11%	7%	8%	10%
6:00 PM	19%	21%	10%	12%	22%	22%	28%	-	-	16%	21%	19%	18%	20%
6:30 PM	13%	14%	7%	12%	12%	15%	15%	-	-	12%	14%	13%	13%	15%
7:00 PM	16%	15%	28%	16%	18%	15%	6%	-	-	19%	18%	16%	13%	16%
7:30 PM	8%	8%	9%	8%	9%	7%	4%	-	-	6%	7%	9%	7%	6%
8:00 PM	7%	7%	11%	9%	8%	5%	6%	-	-	8%	6%	8%	7%	6%
8:30 PM	2%	1%	3%	4%	2%	1%	2%	-	-	1%	2%	2%	3%	2%
9:00 PM	4%	4%	3%	6%	4%	2%	-	-	-	5%	2%	5%	3%	3%
9:30 PM	1%	1%	-	2%	2%	1%	-	-	-	1%	1%	1%	1%	1%
10:00 PM	1%	1%	3%	1%	1%	1%	-	-	-	1%	1%	1%	2%	1%
10:30 PM	1%	1%	-	0%	2%	1%	-	-	-	1%	1%	-	1%	1%
11:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11:30 PM	1%	1%	-	1%	1%	1%	-	-	-	2%	1%	1%	0%	1%
Don't know	2%	2%	10%	2%	2%	2%	-	-	-	3%	2%	2%	2%	2%

rdr_q5. Do you commute during the week (e.g., by car, train, bus, ferry or bicycle)?

Unweighted base	1272	596	676	26	420	339	429	58	-	-	257	274	442	299	844
Base: All US Adults	1272	620	652	31	421	325	434	62	-	-	226	267	479	300	843
Yes	55%	58%	52%	49%	65%	65%	42%	24%	-	-	61%	54%	57%	47%	53%
No	41%	38%	44%	38%	28%	33%	54%	75%	-	-	35%	41%	39%	47%	45%
Don't know	4%	4%	4%	13%	7%	2%	3%	2%	-	-	4%	5%	3%	6%	3%

rdr_q6a. Thinking about a typical day... around what time do you begin your commute from home to work? Please estimate the time to the nearest half hour.

Unweighted base	708	347	361	13	268	224	189	14	-	-	156	149	258	145	457
Base: All US Adults	700	359	341	15	273	213	184	15	-	-	138	146	274	142	446
12:00 AM	1%	1%	1%	-	1%	1%	1%	-	-	1%	1%	0%	1%	0%	
12:30 AM	1%	1%	1%	-	2%	0%	-	-	-	-	2%	1%	1%	0%	

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Race			Education				Marital Status							
	Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced	
4:00 PM	2%	3%	2%	2%	3%	3%	1%	2%	2%	15%	3%	-	2%	2%	4%
4:30 PM	2%	3%	5%	-	4%	2%	2%	-	3%	5%	4%	-	3%	1%	6%
5:00 PM	7%	5%	10%	6%	10%	8%	4%	3%	9%	5%	7%	-	8%	6%	3%
5:30 PM	9%	4%	8%	5%	8%	11%	5%	12%	11%	-	9%	3%	10%	7%	5%
6:00 PM	19%	15%	16%	16%	19%	17%	21%	18%	23%	9%	13%	15%	21%	13%	24%
6:30 PM	13%	7%	10%	15%	9%	15%	16%	16%	14%	9%	10%	10%	13%	10%	16%
7:00 PM	16%	16%	16%	13%	16%	13%	21%	17%	15%	20%	16%	19%	16%	19%	13%
7:30 PM	8%	13%	8%	12%	6%	9%	8%	9%	7%	-	9%	17%	8%	7%	8%
8:00 PM	7%	14%	7%	6%	6%	7%	9%	6%	5%	8%	15%	9%	6%	10%	3%
8:30 PM	2%	3%	1%	3%	2%	1%	3%	6%	2%	-	2%	6%	2%	2%	1%
9:00 PM	4%	6%	6%	7%	4%	4%	4%	3%	2%	-	3%	9%	2%	7%	5%
9:30 PM	1%	-	1%	5%	1%	2%	1%	2%	1%	-	1%	3%	1%	1%	2%
10:00 PM	1%	-	0%	1%	1%	1%	-	1%	0%	-	2%	-	1%	1%	2%
10:30 PM	1%	1%	-	1%	1%	1%	0%	2%	1%	-	-	-	1%	1%	2%
11:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11:30 PM	1%	-	1%	-	1%	1%	1%	-	1%	-	2%	-	1%	1%	-
Don't know	2%	2%	2%	2%	2%	2%	2%	1%	1%	-	-	-	1%	4%	3%

rdr_q5. Do you commute during the week (e.g., by car, train, bus, ferry or bicycle)?

Unweighted base	1272	154	191	83	495	423	225	129	608	16	96	35	755	309	107
Base: All US Adults	1272	150	198	81	514	395	232	130	609	20	90	35	753	306	110
Yes	55%	64%	55%	59%	51%	55%	63%	55%	55%	59%	58%	66%	56%	62%	46%
No	41%	33%	36%	29%	42%	42%	34%	44%	44%	41%	37%	20%	42%	34%	52%
Don't know	4%	3%	9%	12%	6%	3%	2%	1%	2%	-	6%	14%	3%	4%	2%

rdr_q6a. Thinking about a typical day... around what time do you begin your commute from home to work? Please estimate the time to the nearest half hour.

Unweighted base	708	95	107	49	251	234	148	75	336	7	56	22	421	193	52
Base: All US Adults	700	97	109	47	263	218	147	72	333	12	52	23	419	189	50
12:00 AM	1%	1%	1%	3%	2%	-	-	2%	1%	8%	-	3%	1%	-	-
12:30 AM	1%	-	4%	2%	1%	1%	-	-	1%	9%	-	-	1%	1%	-

YouGov RealTime
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Total	Parent or guardian of any children					Income					Urban			
	Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k		\$40k to \$80k	\$80k+	Don't know / Prefer not to say
	V.AB*	**	**	**					*					
4:00 PM	2%	2%	-	-	2%	3%	3%	2%	2%	3%	4%	1%	2%	3%
4:30 PM	2%	2%	-	-	2%	2%	2%	3%	2%	3%	3%	2%	2%	3%
5:00 PM	7%	8%	10%	-	7%	8%	8%	7%	10%	10%	8%	4%	6%	6%
5:30 PM	9%	19%	7%	48%	9%	10%	9%	7%	17%	9%	9%	9%	11%	7%
6:00 PM	19%	15%	4%	-	18%	24%	21%	15%	10%	15%	22%	19%	19%	14%
6:30 PM	13%	15%	7%	-	11%	15%	13%	13%	7%	9%	12%	17%	17%	11%
7:00 PM	16%	11%	4%	52%	15%	16%	16%	17%	12%	16%	15%	20%	12%	18%
7:30 PM	8%	4%	21%	-	8%	7%	7%	9%	6%	6%	8%	8%	11%	10%
8:00 PM	7%	9%	15%	-	8%	5%	7%	8%	6%	8%	8%	6%	5%	8%
8:30 PM	2%	2%	-	-	3%	1%	2%	3%	4%	1%	1%	5%	3%	4%
9:00 PM	4%	4%	14%	-	4%	1%	3%	6%	6%	6%	3%	3%	4%	5%
9:30 PM	1%	-	-	-	2%	1%	1%	1%	-	1%	1%	1%	2%	1%
10:00 PM	1%	2%	-	-	1%	1%	1%	1%	3%	1%	1%	0%	1%	1%
10:30 PM	1%	-	-	-	1%	1%	1%	1%	-	2%	1%	0%	-	2%
11:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11:30 PM	1%	-	-	-	0%	0%	1%	1%	2%	1%	1%	1%	1%	0%
Don't know	2%	-	-	-	1%	1%	1%	3%	4%	2%	1%	2%	3%	2%

rd_r_q5. Do you commute during the week (e.g., by car, train, bus, ferry or bicycle)?

Unweighted base	1272	53	18	5	25	356	455	754	463	54	421	357	316	178	387
Base: All US Adults	1272	52	19	5	27	348	458	753	466	52	420	363	311	179	389
Yes	55%	46%	32%	40%	36%	70%	48%	56%	55%	35%	52%	57%	62%	45%	61%
No	41%	46%	68%	-	25%	28%	50%	42%	39%	42%	44%	41%	36%	41%	34%
Don't know	4%	9%	-	60%	40%	2%	2%	2%	5%	22%	4%	2%	2%	14%	5%

rd_r_q6a. Thinking about a typical day... around what time do you begin your commute from home to work? Please estimate the time to the nearest half hour.

Unweighted base	708	25	7	2	8	245	221	423	264	20	214	209	201	84	237
Base: All US Adults	700	24	6	2	10	244	218	422	258	19	216	208	194	81	238
12:00 AM	1%	4%	12%	-	-	0%	1%	1%	1%	4%	2%	-	1%	-	1%
12:30 AM	1%	-	15%	-	9%	1%	1%	1%	0%	10%	1%	1%	1%	-	2%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Type of Area Lived in		
		Suburban/ Town	Rural	Other
4:00 PM	2%	2%	3%	**
4:30 PM	2%	2%	2%	**
5:00 PM	7%	8%	10%	**
5:30 PM	9%	10%	10%	**
6:00 PM	19%	21%	21%	**
6:30 PM	13%	15%	12%	**
7:00 PM	16%	14%	17%	**
7:30 PM	8%	7%	6%	**
8:00 PM	7%	7%	4%	**
8:30 PM	2%	2%	1%	**
9:00 PM	4%	4%	4%	**
9:30 PM	1%	1%	2%	**
10:00 PM	1%	1%	1%	**
10:30 PM	1%	0%	0%	**
11:00 PM	-	-	-	**
11:30 PM	1%	1%	1%	**
Don't know	2%	2%	3%	**

rd_r_q5. Do you commute during the week (e.g., by car, train, bus, ferry or bicycle)?

Unweighted base	1272	609	261	15
Base: All US Adults	1272	606	262	16
Yes	55%	55%	48%	**
No	41%	42%	48%	**
Don't know	4%	3%	5%	**

rd_r_q6a. Thinking about a typical day... around what time do you begin your commute from home to work? Please estimate the time to the nearest half hour.

Unweighted base	708	342	126	3
Base: All US Adults	700	333	126	3
12:00 AM	1%	0%	1%	**
12:30 AM	1%	1%	-	**

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Gender		Generation							Region				White
		Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	
1:00 AM	0%	1%	0%	-	1%	-	-	-	-	-	1%	-	1%	-	0%
1:30 AM	0%	1%	-	-	0%	0%	1%	-	-	-	1%	-	0%	-	0%
2:00 AM	0%	1%	0%	-	1%	-	-	-	-	-	-	-	0%	1%	-
2:30 AM	1%	2%	-	-	3%	-	-	-	-	-	-	5%	0%	1%	1%
3:00 AM	1%	2%	0%	-	2%	1%	-	-	-	-	-	-	2%	1%	0%
3:30 AM	0%	1%	0%	-	-	1%	-	-	-	-	-	1%	1%	-	0%
4:00 AM	1%	0%	1%	-	-	1%	2%	-	-	-	1%	1%	0%	1%	1%
4:30 AM	1%	1%	2%	-	1%	1%	2%	6%	-	-	1%	1%	2%	2%	2%
5:00 AM	3%	4%	3%	-	3%	4%	4%	5%	-	-	5%	6%	2%	2%	4%
5:30 AM	4%	4%	4%	-	4%	5%	4%	-	-	-	3%	5%	5%	3%	5%
6:00 AM	4%	5%	3%	-	2%	5%	7%	-	-	-	5%	4%	5%	3%	5%
6:30 AM	8%	8%	8%	8%	8%	7%	8%	8%	-	-	8%	11%	7%	6%	8%
7:00 AM	11%	11%	11%	14%	10%	13%	10%	-	-	-	9%	11%	13%	9%	12%
7:30 AM	10%	10%	11%	6%	10%	11%	10%	15%	-	-	8%	12%	9%	13%	11%
8:00 AM	8%	7%	9%	-	7%	12%	7%	-	-	-	10%	9%	7%	8%	8%
8:30 AM	6%	3%	10%	-	6%	6%	8%	8%	-	-	5%	3%	7%	10%	6%
9:00 AM	4%	4%	4%	8%	4%	4%	4%	-	-	-	4%	5%	4%	3%	5%
9:30 AM	2%	2%	1%	6%	1%	2%	1%	7%	-	-	2%	2%	2%	1%	1%
10:00 AM	2%	2%	2%	12%	3%	0%	3%	-	-	-	1%	2%	3%	2%	2%
10:30 AM	1%	1%	1%	-	1%	1%	2%	-	-	-	1%	1%	1%	3%	1%
11:00 AM	1%	1%	1%	-	3%	-	0%	-	-	-	2%	2%	-	1%	1%
11:30 AM	1%	1%	1%	7%	1%	1%	1%	7%	-	-	1%	1%	1%	1%	1%
12:00 PM	1%	1%	2%	-	1%	2%	1%	-	-	-	2%	1%	1%	1%	1%
12:30 PM	1%	1%	2%	-	2%	1%	1%	-	-	-	2%	1%	1%	-	2%
1:00 PM	1%	1%	1%	-	1%	1%	-	-	-	-	1%	1%	1%	-	0%
1:30 PM	1%	2%	0%	-	1%	1%	1%	-	-	-	1%	1%	2%	1%	1%
2:00 PM	1%	1%	1%	-	2%	0%	1%	-	-	-	-	1%	1%	3%	1%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Race			Education				Marital Status						
		Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced
1:00 AM	0%	-	1%	-	0%	1%	-	1%	0%	-	2%	-	1%	1%	-
		*	*	*				*		**	*	**		*	*
1:30 AM	0%	1%	-	2%	1%	0%	-	-	0%	-	-	-	0%	0%	-
		*	*	*				*		**	*	**		*	*
2:00 AM	0%	2%	1%	-	-	1%	-	-	0%	17%	-	-	1%	-	-
		N*	*	*				*	**	*	**	V	*	*	
2:30 AM	1%	6%	-	-	2%	0%	1%	-	2%	-	-	-	2%	-	-
		N,P*	*	*				*	AA	**	*	**	*	*	*
3:00 AM	1%	-	5%	2%	2%	1%	-	2%	1%	33%	3%	-	2%	1%	-
		*	N*	*				*	**	**	*	**	V	*	*
3:30 AM	0%	1%	-	-	0%	1%	-	-	-	-	2%	-	0%	1%	-
		*	*	*				*	**	**	V,Z*	**	V	*	*
4:00 AM	1%	2%	-	-	1%	1%	1%	-	1%	-	-	-	1%	0%	-
		*	*	*				*	**	*	**	**	*	*	*
4:30 AM	1%	-	1%	2%	1%	3%	1%	-	2%	-	-	-	2%	1%	-
		*	*	*		R	*	*	**	**	*	**	*	*	*
5:00 AM	3%	2%	4%	-	4%	3%	1%	4%	3%	-	2%	13%	3%	3%	8%
		*	*	*				*	**	**	*	**	*	*	*
5:30 AM	4%	3%	-	9%	4%	4%	3%	3%	5%	-	4%	-	4%	3%	9%
		*	*	P*	*	*	*	*	**	**	*	**	*	*	*
6:00 AM	4%	5%	3%	2%	6%	3%	4%	4%	6%	-	1%	-	5%	3%	4%
		*	*	*				*	**	**	*	**	*	*	*
6:30 AM	8%	9%	5%	8%	8%	8%	7%	11%	8%	9%	2%	5%	7%	8%	10%
		*	*	*				*	**	**	*	**	*	*	*
7:00 AM	11%	6%	9%	11%	9%	10%	13%	18%	16%	15%	4%	-	14%	8%	5%
		*	*	*				R*	X,Z,AA,AB	**	*	**	X	*	*
7:30 AM	10%	8%	10%	13%	10%	7%	15%	13%	14%	-	8%	12%	12%	5%	17%
		*	*	*			S	*	AA	**	*	**	AA	AA*	AA*
8:00 AM	8%	8%	8%	9%	5%	9%	11%	14%	8%	-	11%	8%	8%	10%	3%
		*	*	*			R	R*	**	**	*	**	*	*	*
8:30 AM	6%	7%	8%	4%	5%	6%	8%	9%	6%	-	9%	12%	7%	7%	2%
		*	*	*				*	**	**	*	**	*	*	*
9:00 AM	4%	3%	1%	6%	2%	5%	7%	3%	5%	9%	-	5%	4%	4%	5%
		*	*	*			R	*	**	**	*	**	*	*	*
9:30 AM	2%	2%	1%	4%	1%	1%	3%	2%	1%	-	2%	9%	2%	0%	-
		*	*	*				*	**	**	*	**	*	*	*
10:00 AM	2%	2%	3%	4%	3%	3%	1%	1%	2%	-	3%	4%	2%	2%	-
		*	*	*				*	**	**	*	**	*	*	*
10:30 AM	1%	1%	3%	-	3%	0%	0%	-	1%	-	2%	-	1%	2%	-
		*	*	*				*	**	**	*	**	*	*	*
11:00 AM	1%	1%	2%	2%	1%	1%	2%	-	0%	-	2%	-	1%	1%	-
		*	*	*				*	**	**	*	**	*	*	*
11:30 AM	1%	-	1%	-	1%	2%	1%	-	1%	-	-	4%	1%	1%	1%
		*	*	*				*	**	**	*	**	*	*	*
12:00 PM	1%	2%	-	2%	1%	2%	2%	1%	-	-	2%	-	0%	3%	3%
		*	*	*				*	**	**	V*	**	V	V,Z	V,Z*
12:30 PM	1%	-	-	-	1%	1%	1%	-	1%	-	3%	-	1%	2%	-
		*	*	*				*	**	**	*	**	*	*	*
1:00 PM	1%	2%	-	4%	1%	0%	1%	-	-	-	3%	5%	1%	1%	-
		*	*	N,P*				*	**	**	V,Z*	**	V	*	*
1:30 PM	1%	2%	-	-	1%	1%	1%	2%	1%	-	2%	-	1%	2%	-
		*	*	*				*	**	**	*	**	*	*	*
2:00 PM	1%	2%	1%	-	1%	2%	-	2%	1%	-	4%	4%	2%	1%	-
		*	*	*				*	**	**	AA*	**	*	*	*

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Parent or guardian of any children					Income					Urban			
		Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k		\$40k to \$80k	\$80k+	Don't know / Prefer not to say
1:00 AM	0%	-	-	-	-	1%	-	1% AH	-	-	1%	0%	0%	-	1%
1:30 AM	0%	-	16%	-	-	1%	1%	1%	-	1%	0%	-	-	1%	
2:00 AM	0%	-	-	-	-	1%	-	1% AH	-	1%	0%	-	-	1%	
2:30 AM	1%	4%	-	-	-	3%	-	2% AH.AJ	-	3%	0%	1%	-	3%	
3:00 AM	1%	-	-	-	-	3%	-	2% AH	1%	1%	2%	-	1%	1%	
3:30 AM	0%	-	12%	-	-	1%	1%	0%	0%	0%	1%	-	-	1%	
4:00 AM	1%	-	-	-	-	1%	1%	1%	0%	0%	1%	1%	-	1%	
4:30 AM	1%	4%	-	-	-	1%	3%	2%	1%	2%	2%	1%	-	1%	
5:00 AM	3%	3%	-	-	-	2%	4%	3%	5%	2%	6%	3%	2%	3%	
5:30 AM	4%	-	-	-	-	6%	4%	5%	3%	5%	4%	4%	1%	4%	
6:00 AM	4%	6%	-	-	21%	6%	3%	5%	4%	2%	5%	6%	4%	4%	
6:30 AM	8%	18%	-	52%	-	6%	11%	8%	8%	9%	5%	10%	6%	6%	
7:00 AM	11%	4%	-	-	-	15%	10%	13%	9%	7%	9%	18%	11%	8%	
7:30 AM	10%	4%	-	-	-	11%	12%	12%	8%	10%	12%	10%	6%	13%	
8:00 AM	8%	4%	-	-	12%	7%	7%	7%	10%	6%	11%	9%	6%	7%	
8:30 AM	6%	8%	24%	-	-	6%	7%	7%	6%	6%	7%	6%	7%	8%	
9:00 AM	4%	-	-	-	-	6%	3%	4%	4%	2%	4%	7%	3%	5%	
9:30 AM	2%	10%	-	-	-	1%	2%	2%	2%	1%	1%	2%	1%	1%	
10:00 AM	2%	9%	-	-	-	1%	2%	2%	3%	2%	3%	1%	3%	1%	
10:30 AM	1%	4%	-	-	-	0%	1%	1%	2%	2%	1%	-	1%	0%	
11:00 AM	1%	-	21%	48%	11%	1%	1%	1%	1%	1%	2%	-	2%	1%	
11:30 AM	1%	4%	-	-	-	1%	1%	1%	2%	2%	1%	-	1%	1%	
12:00 PM	1%	-	-	-	-	1%	1%	1%	2%	2%	1%	1%	-	2%	
12:30 PM	1%	-	-	-	-	1%	0%	1%	2%	1%	0%	1%	3%	1%	
1:00 PM	1%	-	-	-	-	1%	-	0%	1%	0%	0%	-	4%	0%	
1:30 PM	1%	3%	-	-	-	1%	1%	1%	1%	1%	-	2%	1%	1%	
2:00 PM	1%	-	-	-	-	0%	1%	1%	2%	2%	0%	0%	2%	0%	

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Type of Area Lived in		
		Suburban/ Town	Rural	Other
1:00 AM	0%	0%	-	**
1:30 AM	0%	0%	-	**
2:00 AM	0%	0%	-	**
2:30 AM	1%	1%	-	**
3:00 AM	1%	1%	1%	**
3:30 AM	0%	0%	-	**
4:00 AM	1%	1%	-	**
4:30 AM	1%	1%	2%	**
5:00 AM	3%	4%	2%	**
5:30 AM	4%	4%	4%	**
6:00 AM	4%	5%	4%	**
6:30 AM	8%	9%	9%	29%**
7:00 AM	11%	11%	15%	**
7:30 AM	10%	8%	12%	**
8:00 AM	8%	10%	6%	43%**
8:30 AM	6%	6%	4%	**
9:00 AM	4%	4%	2%	28%**
9:30 AM	2%	2%	-	**
10:00 AM	2%	3%	3%	**
10:30 AM	1%	1%	3% AP	**
11:00 AM	1%	1%	1%	**
11:30 AM	1%	1%	2%	**
12:00 PM	1%	1%	1%	**
12:30 PM	1%	1%	1%	**
1:00 PM	1%	0%	2% AQ	**
1:30 PM	1%	1%	-	**
2:00 PM	1%	2%	1%	**

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Gender		Generation						Region					
		Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White
2:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
3:00 PM	2%	2%	2%	**	1%	2%	2%	7%	-	-	2%	1%	2%	3%	2%
3:30 PM	1%	1%	1%	**	0%	2%	-	-	-	-	1%	1%	0%	1%	1%
4:00 PM	2%	1%	2%	**	2%	1%	2%	-	-	-	2%	2%	1%	1%	1%
4:30 PM	1%	1%	1%	**	6%	2%	1%	-	-	-	1%	1%	1%	1%	1%
5:00 PM	2%	2%	2%	**	1%	2%	3%	-	-	-	2%	2%	2%	1%	2%
5:30 PM	1%	1%	1%	**	1%	0%	1%	-	-	-	0%	-	1%	1%	1%
6:00 PM	1%	0%	1%	**	1%	1%	-	-	-	-	-	-	1%	1%	0%
6:30 PM	0%	0%	0%	**	0%	-	1%	-	-	-	1%	-	0%	1%	0%
7:00 PM	1%	2%	1%	**	2%	2%	1%	-	-	-	4%	2%	0%	-	1%
7:30 PM	0%	1%	0%	**	1%	-	-	-	-	-	-	-	0%	2%	0%
8:00 PM	0%	1%	-	**	-	1%	0%	-	-	-	1%	1%	-	-	0%
8:30 PM	0%	1%	0%	**	1%	0%	-	-	-	-	1%	-	0%	1%	0%
9:00 PM	0%	-	0%	**	0%	-	-	-	-	-	-	-	0%	-	-
9:30 PM	0%	-	0%	**	-	-	0%	-	-	-	-	-	0%	-	-
10:00 PM	0%	0%	-	**	0%	-	-	-	-	-	-	-	0%	-	-
10:30 PM	0%	-	0%	**	0%	-	-	-	-	-	1%	-	-	-	0%
11:00 PM	-	-	-	**	-	-	-	-	-	-	-	-	-	-	-
11:30 PM	-	-	-	**	-	-	-	-	-	-	-	-	-	-	-
Don't know	9%	7%	11%	**	33%	7%	6%	11%	37%	-	9%	5%	9%	10%	8%

rdr_q6b. Thinking about a typical day... around what time do you begin your commute from work to home? Please estimate the time to the nearest half hour.

Unweighted base	708	347	361	13	268	224	189	14	-	-	156	149	258	145	457
Base: All US Adults	700	359	341	15	273	213	184	15	-	-	138	146	274	142	446
12:00 AM	1%	2%	1%	**	1%	1%	0%	-	-	-	-	2%	1%	2%	1%
12:30 AM	1%	0%	1%	**	1%	0%	-	-	-	-	1%	1%	0%	1%	0%
1:00 AM	1%	1%	1%	**	2%	0%	1%	-	-	-	1%	-	2%	1%	0%
1:30 AM	0%	0%	-	**	0%	-	-	-	-	-	-	-	-	1%	-
2:00 AM	1%	1%	0%	-	1%	-	1%	-	-	-	1%	-	-	2%	0%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Race			Education				Marital Status						
		Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced
2:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
3:00 PM	2%	3%	-	-	3%	1%	1%	-	1%	-	4%	-	1%	3%	-
3:30 PM	1%	-	-	4%	-	1%	1%	-	1%	-	-	5%	1%	-	-
4:00 PM	2%	3%	3%	-	2%	1%	1%	1%	2%	-	-	-	1%	2%	2%
4:30 PM	1%	1%	2%	-	2%	1%	1%	-	1%	-	-	-	1%	1%	6%
5:00 PM	2%	1%	2%	-	1%	1%	3%	2%	1%	-	4%	-	1%	2%	2%
5:30 PM	1%	1%	-	-	-	1%	1%	1%	0%	-	-	-	0%	2%	-
6:00 PM	1%	1%	1%	-	1%	-	1%	-	0%	-	-	-	0%	0%	2%
6:30 PM	0%	1%	-	2%	1%	0%	-	-	0%	-	-	-	0%	1%	2%
7:00 PM	1%	3%	2%	-	0%	2%	2%	-	1%	-	3%	-	1%	2%	-
7:30 PM	0%	-	2%	-	-	1%	0%	2%	0%	-	-	-	0%	1%	-
8:00 PM	0%	-	1%	-	-	1%	-	1%	0%	-	2%	-	1%	-	-
8:30 PM	0%	1%	-	2%	-	1%	-	-	-	-	-	-	-	2%	-
9:00 PM	0%	-	1%	-	-	0%	-	-	-	-	2%	-	0%	-	-
9:30 PM	0%	1%	-	-	0%	-	-	-	-	-	-	-	-	-	2%
10:00 PM	0%	1%	-	-	0%	-	-	-	-	-	-	-	-	1%	-
10:30 PM	0%	-	-	-	-	0%	-	-	0%	-	-	-	0%	-	-
11:00 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11:30 PM	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Don't know	9%	7%	15%	3%	13%	9%	2%	3%	4%	-	15%	11%	6%	11%	18%

rd_r_q6b. Thinking about a typical day... around what time do you begin your commute from work to home? Please estimate the time to the nearest half hour.

	Unweighted base	Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced
Base: All US Adults	708	95	107	49	251	234	148	75	336	7	56	22	421	193	52
12:00 AM	700	97	109	47	263	218	147	72	333	12	52	23	419	189	50
12:30 AM	1%	-	2%	2%	1%	2%	-	3%	1%	-	2%	-	1%	-	-
1:00 AM	1%	-	4%	2%	2%	-	1%	2%	0%	33%	-	-	1%	2%	-
1:30 AM	0%	-	-	2%	-	1%	-	-	-	-	-	5%	0%	-	-
2:00 AM	1%	2%	1%	-	0%	1%	-	-	0%	17%	-	-	1%	-	-

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



Total	Parent or guardian of any children					Income					Urban				
	Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k		\$40k to \$80k	\$80k+	Don't know / Prefer not to say	
2:30 PM	-	**	**	**	-	-	-	-	**	-	-	-	-	-	
3:00 PM	2%	**	**	**	1%	1%	1%	2%	6%**	2%	1%	0%	4% AN*	1%	
3:30 PM	1%	**	**	**	1%	1%	1%	0%	5%**	-	1%	1%	1% *	0%	
4:00 PM	2%	4%**	**	**	1%	2%	2%	1%	**	1%	3%	2%	- *	2%	
4:30 PM	1%	**	**	**	1%	1%	1%	2%	**	1%	2%	1%	1% *	1%	
5:00 PM	2%	**	**	**	0%	2%	1% AG	2%	6%**	1%	2%	2%	- *	2%	
5:30 PM	1%	**	**	**	-	1%	0%	1%	**	0%	-	2%	1% *	1%	
6:00 PM	1%	**	**	**	1%	1%	1%	-	**	1%	0%	-	- *	1%	
6:30 PM	0%	**	**	**	-	1%	0%	0%	**	1%	0%	-	- *	-	
7:00 PM	1%	**	**	**	2%	1%	1%	1%	**	2%	0%	2%	2% *	2%	
7:30 PM	0%	**	**	**	0%	-	0%	1%	**	-	0%	1%	- *	0%	
8:00 PM	0%	**	**	**	-	1%	0%	0%	**	0%	0%	0%	- *	0%	
8:30 PM	0%	**	**	**	0%	-	0%	1%	**	0%	1%	-	- *	-	
9:00 PM	0%	**	**	**	-	-	-	0%	**	-	0%	-	- *	0%	
9:30 PM	0%	**	**	**	-	0%	0%	-	**	-	0%	-	- *	-	
10:00 PM	0%	**	**	**	-	-	-	-	**	-	-	-	1% *	-	
10:30 PM	0%	**	**	**	0%	-	0%	-	**	-	-	0%	- *	-	
11:00 PM	-	**	**	**	-	-	-	-	**	-	-	-	- *	-	
11:30 PM	-	**	**	**	-	-	-	-	**	-	-	-	- *	-	
Don't know	9%	7%**	**	**	40%**	5%	10% AG	8% AG	10% AG	4%**	14% AM,AN	3%	2%	23% AM,AN*	8%

rdr_q6b. Thinking about a typical day... around what time do you begin your commute from work to home? Please estimate the time to the nearest half hour.

Unweighted base	708	25	7	2	8	245	221	423	264	20	214	209	201	84	237
Base: All US Adults	700	24	6	2	10	244	218	422	258	19	216	208	194	81	238
12:00 AM	1%	**	15%**	**	9%**	1%	2%	1%	-	10%**	1%	1%	1%	2% *	1%
12:30 AM	1%	**	**	48%**	**	0%	1%	0%	-	**	1%	0%	0%	- *	1%
1:00 AM	1%	**	**	**	**	2%	1%	2%	0%	**	0%	3%	1%	- *	1%
1:30 AM	0%	**	**	**	**	-	-	-	0%	**	-	1%	-	- *	-
2:00 AM	1%	4%	-	-	-	1%	1%	1%	-	-	1%	0%	-	- *	1%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Type of Area Lived in		
		Suburban/ Town	Rural	Other
2:30 PM	-	-	-	-
				**
3:00 PM	2%	2%	2%	-
				**
3:30 PM	1%	1%	-	-
				**
4:00 PM	2%	2%	1%	-
				**
4:30 PM	1%	1%	2%	-
				**
5:00 PM	2%	1%	3%	-
				**
5:30 PM	1%	1%	-	-
				**
6:00 PM	1%	-	1%	-
				**
6:30 PM	0%	0%	1%	-
				**
7:00 PM	1%	0%	2%	-
				**
7:30 PM	0%	1%	-	-
				**
8:00 PM	0%	0%	-	-
				**
8:30 PM	0%	1%	-	-
				**
9:00 PM	0%	-	-	-
				**
9:30 PM	0%	-	1%	-
				**
10:00 PM	0%	0%	-	-
				**
10:30 PM	0%	-	1%	-
				**
11:00 PM	-	-	-	-
				**
11:30 PM	-	-	-	-
				**
Don't know	9%	8%	13%	-
				**

rdr_q6b. Thinking about a typical day... around what time do you begin your commute from work to home? Please estimate the time to the nearest half hour.

Unweighted base	708	342	126	3
Base: All US Adults	700	333	126	3
12:00 AM	1%	1%	1%	-
				**
12:30 AM	1%	0%	1%	-
				**
1:00 AM	1%	2%	1%	-
				**
1:30 AM	0%	0%	-	-
				**
2:00 AM	1%	0%	1%	-

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Gender		Generation							Region					
		Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White	
2:30 AM	2%	2%	1%	**	4%	1%	0%	**	**	**	1%	5%	1%	L	1%	
3:00 AM	1%	1%	2%	-	F	1%	1%	7%	-	-	1%	JL	2%	1%	3%	2%
3:30 AM	2%	3%	2%	-	1%	4%	3%	-	-	-	2%	1%	3%	3%	3%	3%
4:00 AM	1%	2%	0%	-	2%	2%	-	-	-	-	3%	1%	2%	1%	1%	1%
4:30 AM	2%	3%	1%	-	3%	2%	2%	-	-	-	3%	2%	3%	2%	3%	3%
5:00 AM	2%	3%	1%	-	2%	3%	2%	-	-	-	3%	1%	2%	2%	2%	2%
5:30 AM	1%	1%	2%	-	1%	1%	2%	5%	-	-	2%	2%	1%	-	2%	2%
6:00 AM	2%	2%	1%	7%	0%	2%	4%	-	-	-	1%	1%	2%	2%	2%	2%
6:30 AM	2%	1%	3%	-	1%	3%	3%	-	-	-	1%	1%	3%	1%	2%	2%
7:00 AM	1%	0%	2%	-	2%	2%	-	-	-	-	1%	-	1%	3%	1%	1%
7:30 AM	1%	1%	1%	6%	1%	1%	1%	-	-	-	1%	1%	1%	1%	1%	1%
8:00 AM	2%	3%	1%	-	1%	2%	3%	-	-	-	1%	3%	3%	1%	2%	2%
8:30 AM	1%	1%	2%	8%	2%	0%	-	6%	-	-	1%	1%	1%	1%	1%	1%
9:00 AM	1%	2%	-	-	2%	-	-	-	-	-	4%	-	-	1%	-	-
9:30 AM	0%	0%	0%	-	1%	0%	-	6%	-	-	1%	-	-	1%	-	-
10:00 AM	0%	1%	0%	-	-	0%	1%	-	-	-	1%	-	1%	-	0%	0%
10:30 AM	0%	-	0%	-	0%	-	-	-	-	-	-	-	-	1%	0%	0%
11:00 AM	0%	1%	-	-	-	0%	1%	-	-	-	-	-	0%	1%	0%	0%
11:30 AM	0%	0%	-	-	0%	-	-	-	-	-	-	-	-	1%	0%	0%
12:00 PM	1%	1%	1%	-	1%	0%	2%	-	-	-	1%	1%	1%	1%	1%	1%
12:30 PM	1%	0%	1%	-	1%	1%	1%	-	-	-	-	-	2%	-	1%	1%
1:00 PM	2%	0%	3%	-	0%	1%	4%	-	-	-	-	1%	3%	1%	2%	2%
1:30 PM	1%	1%	0%	-	1%	0%	1%	-	-	-	1%	1%	0%	-	0%	0%
2:00 PM	3%	1%	4%	-	2%	2%	4%	7%	-	-	1%	4%	2%	3%	2%	2%
2:30 PM	2%	2%	2%	-	3%	1%	3%	-	-	-	2%	3%	2%	3%	2%	2%
3:00 PM	4%	4%	4%	-	3%	4%	6%	-	-	-	7%	4%	4%	1%	5%	5%
3:30 PM	4%	3%	4%	-	2%	4%	4%	16%	-	-	6%	6%	2%	2%	5%	5%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Race			Education				Marital Status					
		Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single
		*	*	*				*	**	*	**	V		*
2:30 AM	2%	9% N*	2%	-	3%	1%	1%	1%	3%	-	-	2%	1%	4%
3:00 AM	1%	1%	-	2%	2%	0%	1%	3%	1%	-	-	1%	1%	1%
3:30 AM	2%	2%	1%	6%	3%	2%	1%	2%	4%	-	5%	4%	1%	-
4:00 AM	1%	1%	3%	-	1%	2%	2%	1%	2%	-	2%	1%	1%	1%
4:30 AM	2%	2%	2%	-	1%	3%	2%	5%	3%	-	3%	3%	3%	-
5:00 AM	2%	2%	3%	-	1%	1%	4%	2%	2%	-	2%	2%	2%	-
5:30 AM	1%	1%	0%	-	-	2%	2%	2%	1%	-	-	1%	2%	3%
6:00 AM	2%	2%	2%	-	3%	2%	-	-	1%	-	4%	2%	2%	2%
6:30 AM	2%	4%	-	2%	2%	1%	2%	1%	1%	-	-	1%	2%	12%
7:00 AM	1%	1%	2%	2%	-	2%	3%	2%	2%	-	2%	2%	1%	-
7:30 AM	1%	1%	2%	4%	1%	1%	2%	1%	1%	-	2%	1%	2%	-
8:00 AM	2%	4%	2%	-	3%	3%	1%	-	1%	-	-	1%	4%	2%
8:30 AM	1%	1%	1%	3%	1%	1%	1%	2%	1%	-	-	1%	2%	-
9:00 AM	1%	5%	1%	-	2%	-	-	-	-	-	-	-	3%	-
9:30 AM	0%	1%	1%	2%	1%	0%	1%	-	1%	-	2%	1%	-	-
10:00 AM	0%	1%	-	-	-	1%	-	-	1%	-	-	0%	0%	-
10:30 AM	0%	-	-	-	0%	-	-	-	-	-	-	-	0%	-
11:00 AM	0%	-	-	-	-	-	1%	-	1%	-	-	1%	-	-
11:30 AM	0%	-	-	-	0%	-	-	-	-	-	-	-	1%	-
12:00 PM	1%	2%	1%	2%	1%	1%	2%	-	1%	-	-	0%	2%	-
12:30 PM	1%	1%	-	-	1%	-	-	2%	1%	-	3%	1%	-	-
1:00 PM	2%	1%	-	2%	2%	1%	2%	-	2%	-	AA*	1%	0%	8%
1:30 PM	1%	-	1%	5%	-	1%	1%	-	1%	-	*	0%	0%	2%
2:00 PM	3%	3%	3%	-	5%	2%	1%	2%	4%	-	2%	3%	1%	2%
2:30 PM	2%	2%	2%	4%	3%	2%	2%	-	3%	9%	1%	3%	2%	-
3:00 PM	4%	5%	1%	4%	3%	5%	2%	8%	4%	-	7%	4%	5%	4%
3:30 PM	4%	2%	3%	2%	4%	4%	2%	3%	5%	-	2%	4%	3%	-

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Parent or guardian of any children					Income					Urban			
		Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k		\$40k to \$80k	\$80k+	Don't know / Prefer not to say
		**	**	**	**					**				*	
2:30 AM	2%	4%	-	-	-	4%	1%	2%	1%	5%	4%	2%	1%	-	4%
		**	**	**	**	AJ				**				*	AR
3:00 AM	1%	4%	-	-	-	2%	-	1%	2%	-	2%	1%	1%	-	1%
		**	**	**	**	AH		AH		**				*	
3:30 AM	2%	-	12%	-	7%	4%	3%	3%	2%	-	4%	2%	2%	1%	3%
		**	**	**	**	**		**		**				*	
4:00 AM	1%	-	-	-	10%	2%	2%	2%	1%	-	2%	1%	1%	2%	1%
		**	**	**	**	**		**		**				*	
4:30 AM	2%	-	-	-	-	3%	1%	2%	3%	-	2%	2%	3%	-	2%
		**	**	**	**	**		AH		**				*	
5:00 AM	2%	6%	-	-	-	1%	2%	2%	2%	-	1%	3%	2%	1%	2%
		**	**	**	**	**		**		**				*	
5:30 AM	1%	4%	-	-	-	1%	1%	1%	1%	-	1%	3%	0%	1%	1%
		**	**	**	**	**		**		**		AN		*	
6:00 AM	2%	-	-	-	-	2%	2%	2%	2%	-	2%	2%	2%	1%	1%
		**	**	**	**	**		**		**				*	
6:30 AM	2%	-	-	-	-	2%	3%	2%	1%	-	3%	2%	1%	-	2%
		**	**	**	**	**		**		**				*	
7:00 AM	1%	-	12%	-	-	3%	1%	2%	-	-	1%	1%	3%	-	3%
		**	**	**	**	AJ		AJ		**				*	
7:30 AM	1%	-	-	-	-	-	1%	1%	1%	11%	1%	0%	2%	-	1%
		**	**	**	**	**		AG		**				*	
8:00 AM	2%	5%	-	-	-	2%	2%	2%	2%	5%	3%	2%	-	3%	2%
		**	**	**	**	**		**		**	AN	AN		AN*	
8:30 AM	1%	4%	-	-	-	1%	-	1%	2%	-	2%	-	1%	-	1%
		**	**	**	**	**		AH		**	AM			*	
9:00 AM	1%	-	-	-	-	-	2%	1%	1%	-	3%	-	-	-	-
		**	**	**	**	**	AG	AG		**	AM,AN			*	
9:30 AM	0%	-	-	-	-	1%	-	0%	1%	-	1%	0%	-	-	0%
		**	**	**	**	**		**		**				*	
10:00 AM	0%	-	-	-	-	0%	-	0%	1%	-	1%	0%	-	-	0%
		**	**	**	**	**		**		**				*	
10:30 AM	0%	-	-	-	-	0%	-	0%	-	-	0%	-	-	-	0%
		**	**	**	**	**		**		**				*	
11:00 AM	0%	-	-	-	-	0%	1%	1%	-	-	0%	-	1%	-	1%
		**	**	**	**	**		**		**				*	
11:30 AM	0%	-	-	-	-	-	-	-	0%	-	0%	-	-	-	-
		**	**	**	**	**		**		**				*	
12:00 PM	1%	3%	-	-	-	0%	1%	1%	2%	-	2%	1%	0%	2%	1%
		**	**	**	**	**		**		**				*	
12:30 PM	1%	-	16%	-	-	0%	1%	1%	1%	-	1%	-	0%	2%	0%
		**	**	**	**	**		**		**				*	
1:00 PM	2%	-	-	-	-	1%	3%	2%	1%	6%	2%	3%	0%	-	1%
		**	**	**	**	**		**		**				*	
1:30 PM	1%	-	-	-	-	1%	1%	1%	0%	-	1%	-	0%	1%	0%
		**	**	**	**	**		**		**				*	
2:00 PM	3%	5%	-	-	-	3%	4%	4%	1%	-	3%	3%	1%	4%	2%
		**	**	**	**	**	AJ	AJ		**				*	
2:30 PM	2%	-	-	-	-	2%	1%	2%	3%	-	2%	4%	1%	2%	3%
		**	**	**	**	**		**		**				*	
3:00 PM	4%	-	-	-	-	6%	5%	5%	2%	5%	4%	4%	5%	2%	6%
		**	**	**	**	**		**		**				*	
3:30 PM	4%	5%	-	-	-	5%	4%	4%	3%	5%	1%	4%	6%	5%	2%

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Type of Area Lived in		
		Suburban/ Town	Rural	Other
				**
2:30 AM	2%	1%	-	-
				**
3:00 AM	1%	1%	2%	-
				**
3:30 AM	2%	2%	3%	-
				**
4:00 AM	1%	1%	2%	-
				**
4:30 AM	2%	3%	1%	-
				**
5:00 AM	2%	2%	3%	-
				**
5:30 AM	1%	2%	1%	-
				**
6:00 AM	2%	2%	3%	-
				**
6:30 AM	2%	1%	3%	-
				**
7:00 AM	1%	1%	1%	-
				**
7:30 AM	1%	1%	1%	-
				**
8:00 AM	2%	3%	1%	-
				**
8:30 AM	1%	2%	-	-
				**
9:00 AM	1%	1%	1%	-
				**
9:30 AM	0%	0%	1%	-
				**
10:00 AM	0%	1%	-	-
				**
10:30 AM	0%	-	-	-
				**
11:00 AM	0%	-	-	-
				**
11:30 AM	0%	0%	-	-
				**
12:00 PM	1%	1%	1%	-
				**
12:30 PM	1%	1%	1%	-
				**
1:00 PM	2%	1%	4%	-
			AQ	**
1:30 PM	1%	0%	1%	-
				**
2:00 PM	3%	2%	3%	-
				**
2:30 PM	2%	1%	3%	-
				**
3:00 PM	4%	4%	1%	29%
				**
3:30 PM	4%	5%	2%	-

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Gender		Generation						Region						
		Male	Female	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)	Other	Northeast	Midwest	South	West	White	
4:00 PM	6%	6%	7%	**	-	6%	7%	6%	15%	**	-	7%	7%	6%	7%	6%
				**					**							
4:30 PM	7%	6%	8%	14%	5%	9%	8%	-	-	-	5%	10%	7%	7%	8%	
				**					**							
5:00 PM	12%	14%	11%	13%	11%	18%	7%	-	-	-	14%	14%	14%	5%	13%	
				**		D.F		**	**	**	M	M	M			
5:30 PM	4%	3%	4%	-	5%	3%	4%	-	-	-	4%	6%	3%	3%	5%	
				**				**	**	**						
6:00 PM	4%	5%	2%	-	5%	4%	3%	-	-	-	4%	3%	3%	6%	4%	
				**				**	**	**						
6:30 PM	3%	3%	2%	-	2%	2%	4%	-	-	-	2%	1%	2%	6%	3%	
				**				**	**	**				L		
7:00 PM	2%	2%	2%	12%	3%	1%	2%	-	-	-	2%	3%	3%	1%	2%	
				**				**	**	**						
7:30 PM	1%	1%	2%	-	2%	1%	-	-	-	-	-	2%	1%	1%	1%	
				**				**	**	**						
8:00 PM	2%	2%	2%	-	2%	1%	3%	-	-	-	1%	2%	2%	3%	1%	
				**				**	**	**						
8:30 PM	1%	1%	1%	-	1%	1%	1%	-	-	-	1%	1%	1%	1%	1%	
				**				**	**	**						
9:00 PM	1%	1%	1%	-	2%	0%	1%	-	-	-	3%	-	0%	1%	1%	
				**				**	**	**	K.L					
9:30 PM	1%	1%	1%	-	2%	-	1%	-	-	-	1%	1%	1%	-	1%	
				**				**	**	**						
10:00 PM	1%	1%	1%	-	2%	1%	1%	-	-	-	2%	1%	1%	1%	2%	
				**				**	**	**						
10:30 PM	1%	1%	0%	-	1%	1%	-	-	-	-	1%	1%	0%	-	0%	
				**				**	**	**						
11:00 PM	1%	2%	1%	-	2%	1%	0%	-	-	-	1%	1%	2%	-	1%	
				**				**	**	**						
11:30 PM	1%	1%	0%	-	0%	1%	1%	-	-	-	-	1%	1%	-	1%	
				**				**	**	**						
Don't know	10%	8%	12%	40%	8%	7%	11%	38%	-	-	10%	6%	10%	14%	9%	
			A	**				**	**	**				K		

Cell Contents (Column Percentages, Statistical Test Results), Statistics (Column Proportions, (95%): A/B, C/D/E/F/G/H/I, J/K/L/M, N/O/P/Q, R/S/T/U, V/W/X/Y/Z/AA/AB/AC/AD/AE/AF, AG/AH/AI/AJ/AK, AL/AM/AN/AO, AP/AQ/AR/AS, Minimum Base: 30 (**), S/

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	Total	Race			Education				Marital Status						
		Black	Hispanic	Other (NET)	No HS, High school graduate	Some college, 2-year	4-year	Post Grad	Married	Civil Partnership	Living together, not married or civil partnership	In a relationship, not living together	NET: In a relationship	Single	Divorced
		*	*	*	*	*	*	*	*	**	*	**	*	*	*
4:00 PM	6%	8%	7%	7%	5%	7%	7%	9%	9%	-	2%	-	8%	5%	4%
		*	*	*				*	Z	**	*	**			*
4:30 PM	7%	3%	7%	8%	6%	6%	10%	9%	9%	-	2%	8%	8%	4%	10%
		*	*	*				*	AA	**	*	**			*
5:00 PM	12%	10%	11%	10%	9%	10%	20%	14%	13%	24%	11%	12%	13%	12%	11%
		*	*	*			R.S	*		**	*	**			*
5:30 PM	4%	2%	1%	4%	2%	2%	9%	4%	3%	9%	3%	13%	4%	4%	4%
		*	*	*			R.S	*		**	*	**			*
6:00 PM	4%	1%	2%	8%	2%	5%	5%	4%	5%	-	4%	13%	5%	2%	-
		*	*	O*			*	*	AA	**	*	**	AA		*
6:30 PM	3%	5%	1%	-	3%	2%	1%	5%	2%	-	3%	-	2%	4%	2%
		*	*	*				*		**	*	**			*
7:00 PM	2%	3%	4%	4%	2%	3%	2%	3%	1%	-	5%	-	1%	4%	1%
		*	*	*				*		**	*	**		V.Z	*
7:30 PM	1%	1%	-	-	1%	1%	-	4%	2%	-	2%	5%	2%	-	-
		*	*	*				R.T*		**	*	**			*
8:00 PM	2%	1%	4%	2%	0%	3%	3%	2%	2%	-	-	5%	2%	1%	4%
		*	*	*		R	R	*	*	**	*	**			*
8:30 PM	1%	-	1%	-	1%	0%	2%	-	1%	-	2%	-	1%	1%	3%
		*	*	*			*	*		**	*	**			*
9:00 PM	1%	-	3%	-	1%	1%	1%	-	-	-	2%	17%	1%	1%	-
		*	*	*			*	*		**	V*	**	V		*
9:30 PM	1%	1%	-	-	1%	1%	-	1%	1%	-	-	-	1%	2%	-
		*	*	*			*	*		**	*	**			*
10:00 PM	1%	1%	1%	-	2%	1%	1%	1%	0%	-	-	-	0%	3%	-
		*	*	*			*	*		**	*	**		V.Z	*
10:30 PM	1%	1%	-	2%	0%	1%	-	-	0%	-	2%	-	0%	1%	-
		*	*	*			*	*		**	*	**			*
11:00 PM	1%	3%	-	2%	1%	1%	1%	-	1%	-	8%	5%	2%	1%	-
		*	*	*			*	*		**	V.Z.AA.AB*	**	V		*
11:30 PM	1%	1%	-	-	1%	1%	-	-	1%	-	-	-	1%	1%	-
		*	*	*			*	*		**	*	**			*
Don't know	10%	8%	16%	5%	15%	11%	3%	3%	5%	-	16%	11%	6%	13%	18%
		*	*	*	T.U	T.U	*	*		**	V.Z*	**	V	V.Z	V.Z*

Cell Contents (Csmall Base: 100 (*))

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Parent or guardian of any children								Income				Urban	
		Widowed	Separated	Other	Prefer not to say	Younger than 18	18 or over	NET: Any age	Not a parent / guardian	Don't know / Prefer not to say	Under \$40k	\$40k to \$80k	\$80k+		Don't know / Prefer not to say
4:00 PM	6%	** 4% **	** - **	** 52% **	** - **	7%	8%	7%	5%	** 14% **	3%	8%	AL 9% AL	* 6% *	4%
4:30 PM	7%	** 4% **	** - **	** - **	** 11% **	5%	9%	7%	7%	** 5% **	5%	7%	9% AL	* 7% *	5%
5:00 PM	12%	** 6% **	** 12% **	** - **	** - **	12%	10%	11%	13%	** 12% **	7%	14%	17% AL	* 9% *	13%
5:30 PM	4%	** - **	** - **	** - **	** 12% **	4%	3%	4%	4%	** - **	3%	4%	5% AL	* 2% *	5%
6:00 PM	4%	** 5% **	** - **	** - **	** - **	4%	4%	3%	4%	** 8% **	2%	3%	7% AL	* 3% *	2%
6:30 PM	3%	** 6% **	** - **	** - **	** 11% **	2%	3%	2%	4%	** - **	3%	3%	2% AL	* 3% *	3%
7:00 PM	2%	** 6% **	** - **	** - **	** - **	2%	2%	2%	3%	** - **	3%	2%	2% AL	* 2% *	4%
7:30 PM	1%	** - **	** - **	** - **	** - **	2%	1%	1%	1%	** - **	1%	0%	2% AL	* - *	2%
8:00 PM	2%	** 4% **	** 21% **	** - **	** - **	2%	2%	2%	2%	** - **	0%	4%	2% AL	* - *	0%
8:30 PM	1%	** - **	** - **	** - **	** - **	0%	1%	1%	1%	** - **	1%	1%	1% AL	* 2% *	1%
9:00 PM	1%	** - **	** - **	** - **	** - **	-	-	-	3%	** - **	0%	1%	1% AL	* 2% *	2%
9:30 PM	1%	** - **	** - **	** - **	** - **	0%	1%	1%	1%	** - **	1%	1%	1% AL	* - *	1%
10:00 PM	1%	** 3% **	** - **	** - **	** - **	1%	1%	1%	2%	** - **	2%	0%	1% AL	* 1% *	1%
10:30 PM	1%	** - **	** - **	** - **	** - **	1%	0%	0%	1%	** - **	-	0%	1% AL	* 2% *	1%
11:00 PM	1%	** - **	** - **	** - **	** - **	1%	0%	1%	2%	** 6% **	2%	-	1% AL	* 2% *	0%
11:30 PM	1%	** - **	** - **	** - **	** - **	-	0%	0%	1%	** - **	1%	1%	- AL	* - *	1%
Don't know	10%	** 19% **	** 12% **	** - **	** 40% **	6%	11%	9%	12%	** 8% **	15%	5%	3% AL	27% AL	9%

Cell Contents (C)

YouGov RealTime
America's Daily Routine

US_nat_int Sample: 11th - 12th September 2019



	Total	Type of Area Lived in		
		Suburban/ Town	Rural	Other
4:00 PM	6%	7%	9%	- **
4:30 PM	7%	9%	7%	- **
5:00 PM	12%	10%	14%	43% **
5:30 PM	4%	3%	3%	- **
6:00 PM	4%	5%	3%	- **
6:30 PM	3%	3%	1%	28% **
7:00 PM	2%	2%	1%	- **
7:30 PM	1%	1%	1%	- **
8:00 PM	2%	3% AP	1%	- **
8:30 PM	1%	1%	-	- **
9:00 PM	1%	1%	-	- **
9:30 PM	1%	1%	1%	- **
10:00 PM	1%	1%	1%	- **
10:30 PM	1%	0%	-	- **
11:00 PM	1%	1%	2%	- **
11:30 PM	1%	0%	1%	- **
Don't know	10%	10%	13%	- **

Cell Contents (C: