

NAB WELLBEING INSIGHT REPORT

TIME: HOW WE USE IT & VALUE IT POST COVID-19



NAB Behavioural & Industry Economics

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While people in many parts of the world are still experiencing significant disruptions to their lives due to COVID-19, here in Australia life has, for the most part, reverted to some type of normality. Some researchers have predicted that the standard nine-to-five, five-days-a-week workweek is gone forever. Others claim employees are spending more time working than before COVID. But have our experiences during the pandemic really changed our attitudes to time and has there been a structural shift in a typical day or week? In 2018, NAB undertook a survey exploring the value and use of time. In this special report we update this research and explore what if anything has changed post COVID.

The pandemic has disrupted the lives and routines of people across the world, forcing many to think more consciously about how they use their time. Our time is precious and how we manage it can have a huge impact on our lives. NAB's wellbeing research has consistently shown "lack of time" to be among the biggest detractors of overall personal wellbeing. And, a growing number of Australians have been feeling this way in recent years.

During the pandemic many of us experienced a much less structured and a more distorted sense of time as movement restrictions impacted typical activities such as going to the office or taking children to sporting activities. Many of the ways we typically mark time became unworkable due to lockdowns and restrictions on travel and social gatherings.

Most people are not used to this type of uncertainty. It is not uncommon for people in the midst of a traumatic experience such as a pandemic to feel like time is slowing down. But time is subjective and having more unstructured time does not necessarily make people more efficient, nor make them feel they are under less time pressure. Some people have had to juggle time more than ever before, particularly those working from home and educating children. Others experienced "time affluence", unable to work with more time, bringing with it different types of stresses.

NAB's latest research suggests Australians feel as time stressed as ever despite the fact that life remains highly structured. For most people the routine of work (at least in terms of total hours completed), social interactions, etc., largely resemble the rhythms of our pre-COVID lives. So, while our perceptions of time may have altered, these changes are largely illusory.

We all value our time, but some of us feel we are under more time pressure than others. Women typically feel under more time pressure and stress than men and across all age groups - particularly younger and older women. Higher income earners feel they are under the most pressure, stepping down in each income group. Time pressure is also much more apparent for those with children, and even more so than in our previous survey.

But, on average, a typical week today does not appear to be markedly different to pre-COVID, although we are sleeping a little less and spending more time on household chores and family duties. Interestingly, we are spending around the same amount of time working and commuting.

So, what is our time worth? On average Australians would pay \$98 if they could buy one extra hour of time for themselves a day, but there are considerable differences depending on age, gender, work and family status. Women in the 30-49 age group would pay the most, valuing this extra hour at \$207 - more than double the average. In the average week, women 30-49 sleep more than men, spend less time at work or studying but more time on housework and errands and preparing food.

While the overall amount of time spent on various activities does not appear to have changed post COVID, it's unclear to what extent time has become more fragmented (for example, those now working from home might have greater flexibility when they choose to perform various tasks). However, what remains clear is that our sense of time pressure and time stress remains elevated and has changed very little.

HIGHLIGHTS

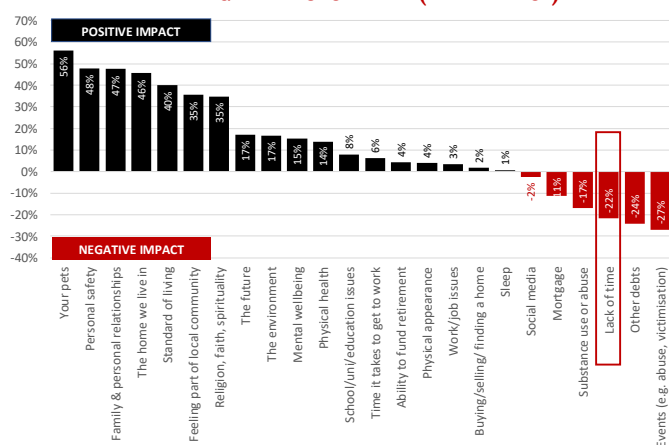
- **How valuable is our time?** - Australians continue to place a high value on their own time (73.2 points out of a possible 100), and slightly higher than in 2018 (72.7). Time is viewed as most valuable in the 30-49 age group for women and men, but valued much higher by men (76.5) than in 2018 (71.3). Older Australians valued their time least. Those on lower incomes valued their time lowest (66.5) and less than in 2018 (69.2). By work status, full (76.7) and part-time (75.8) workers considered their time to be most valuable, while those in-home duties (67.7) and full-time students (68.1) the lowest, and much lower than in 2018. The unemployed placed a much higher value on their time compared to 2018, (70.6 vs. 63.5), while people with children (75.6) continue to value their time higher than those without (72.9).
- **How much time pressure and stress are we under?** Levels of time pressure (47.2 points) and stress through lack of time (46.8), are similar to 2018. Women (50.0) feel under more time pressure than men (44.4) - and across all age groups - particularly 18-29 (62.3 women; 55.7 men) and over 65s (30.1 women; 17.3 men). Higher income earners feel the most time pressure (54.7), stepping down in each income group to just 38.5 in the lowest income group. Full time students feel under the most pressure (58.5), but much less so than in 2018 (65.6), followed by full time workers (75.8). Retirees are under least time pressure (22.7). Time pressure is much more apparent for people with children (59.5 v 43.0 no children), up slightly on 2018.
- A similar pattern appears in relation to stress levels. Women (49.2) expressed somewhat higher levels of time stress than men (44.3). Stress falls with age, but women rate higher than men in all groups, especially 18-29 (62.8 women; 57.9 men) and over 65s (30.4 women; 18.8 men). Higher income groups also report higher stress. By work status, stress was highest for full time students but down on 2018 (61.6 v 65.0), followed by full time workers (55.7). Australians with children (59.8) were more stressed than those without (42.7), and more so than in 2018 (59.8).
- **A typical weekday?** - on average, Australians slept 6.7 hrs per day during a typical weekday (6.9 hrs in 2018). They also spent a little less time at work, working or studying (3.7 hrs vs. 3.8 hrs in 2018) and on leisure activities at home (3.4 hrs vs. 3.5 hrs). They did however spend a little more time on other activities (2.0 hrs vs. 1.9 hrs in 2018), other housework or errands (1.9 hrs vs. 1.8 hrs) and on household maintenance such as gardening, painting etc. (1.0 hr vs. 0.8 hrs). The same time was spent on all other activities ranging from 1.4 hrs on leisure activities away from home to 0.3 hrs getting children to school or activities.
- **A typical weekend?** - also largely unchanged from 2018. On average we sleep 0.4 hrs more on a typical weekend (7.1 hrs), down slightly on 2018 (7.3 hrs). We spend far less time at work, working or studying (1.2 hrs vs. 3.4 hrs on weekdays), but more time on leisure activities at home (4.1 hrs vs. 3.4 hrs on weekdays) and away from the home (2.0 hrs vs. 1.4 hrs). More time is spent on household maintenance (1.4 hrs vs. 1.0 hr) and other activities (2.3 hrs vs. 2.0 hrs). But we spend about the same amount of time on all other activities on a typical weekend than we do on a typical workday.
- **A typical week?** - the typical 7-day week (168 hrs) is dominated by leisure (51.1 hrs vs. 51.6 hrs in 2018) and sleeping (47.9 hrs) - slightly less than 2018 (49.2 hrs). The rest of time is spent doing household chores or family duties (42.4 hrs) - up from 40.4 hrs in 2018. Interestingly, we perceive we are spending around 26.6 hrs a week commuting to and from work and working, around the same as in 2018 (26.7 hrs).
- **Differences in how time is allocated by gender and age?** Among 18-29 year olds, women spend more time sleeping than men (48.6 hrs vs. 46.8 hrs), but also more time doing household chores & family duties (39.4 hrs vs. 36.8 hrs) and slightly more leisure (46.0 hrs vs. 45.0 hrs). Men spend noticeably more time commuting and working (39.4 hrs vs. 34.0 hrs). A similar pattern appears among 30-49 year olds, although the gap widens for household chores (46.3 hrs women vs. 41.8 hrs men) and commuting and working (40.4 hrs men vs. 29.7 hrs women). Women spend more time on leisure activities than men (44.1 hrs vs. 40.2 hrs). In the 50-64 group, around the same time is spent sleeping, but there is a big difference in household chores (44.6 hrs women vs. 36.5 hrs men) and for men commuting and working (27.5 hrs vs. 20.5 hrs). In the 65+ age group, women spend more time on household chores & family duties (48.2 hrs vs. 43.2 hrs) and men on leisure activities (71.3 hrs vs. 64.9 hrs).
- Put another way, in the average week, women 30-49 sleep 2.4 hrs more than men, and 18-29 year old women 1.8 hrs more. But men over 65 (+1.1 hrs) spent more time sleeping. Men 18-29 (+2.8 hrs) & 30-49 (+1.9 hrs) spend more time commuting to work or university. Men aged 30-49 (+6.7 hrs) and 50-64 (+5.5 hrs) also spend much more time at work, working or studying. In contrast, women 30-49 (+3.2 hrs), 50-64 (+4.5 hrs) and 65+ (+4.9 hrs) spend much more time on other housework and errands than men. Women 30-49 (+1.5 hrs), 50-64 (+1.8 hrs) and 65+ (+1.9 hrs) also spend more time preparing food. Women spend more time on leisure at home, particularly those in the 18-29 (2.7 hrs) and 30-49 (2.1 hrs) age groups. Women 30-49 also spend noticeably more time on other activities (+2.4 hrs), as do men 65+ (+5.8 hrs).

- **Differences in how time is allocated by work status.** Not surprisingly, full-time workers spend the most time commuting and working each week (47.7 hrs), ahead of part-time workers (41.0 hrs) and full-time students (39.5 hrs). Full-time workers get the least sleep (46.8 hrs) and the least time on leisure (36.9 hrs), but also less time on household chores & family duties (36.6 hrs) after full-time students (33.7 hrs). Those doing home duties spend by far the most time on household chores & family duties (62.1 hrs) and retirees on leisure and other activities (72.5 hrs) and sleep (50.1 hrs).
- In a typical week, Australians working full-time spend 38.3 hrs at work, 4.9 hrs commuting to work and 4.6 hrs coming home from work. But they are spending less time doing these activities than in 2018 - 1.8 hrs less time working or studying, 0.1 hrs commuting to work and 0.1 hrs coming home. Part-time workers spend 31.0 hrs at work, 5.1 hrs commuting to work and 5.0 hrs coming home from work. But in contrast to full-time workers they are spending more time doing these activities than in 2018 - around 1.2 hrs more time working or studying, 0.9 hrs more commuting and 1.0 hr more coming home. In total, full-time workers spend around 28% of their time during the week working and commuting and part-time workers around 24%.
- Full-time workers also indicated they were spending less time on leisure activities at home (1.7 hrs less), and somewhat more time on other activities (+1.8 hrs), household maintenance (+1.6 hrs) and preparing food (+0.6 hrs). Part-time workers however shaved time off all areas to make up for more time at work and commuting, except household maintenance (+0.8 hrs).
- Sleep patterns range from 46.8 hrs for full-time workers to 50.1 hrs for retirees. All groups however said they were sleeping less than in 2018, particularly the unemployed (4.6 hrs less), people engaged in home duties (3.8 hrs less) and full-time students (2.2 hrs less).
- In other key changes, unemployed Australians cut back time spent on leisure activities at home (4.7 hrs less) but spent more on other housework and errands (+3.9 hrs), household maintenance (+3.4 hrs) and preparing food (+2.9 hrs). People engaged in home duties spent less time attending other activities with their children (2.0 hrs less), but more on leisure activities at home (+3.9 hrs) and other activities (+2.6 hrs). Retirees spent more time on other housework and errands (+1.8 hrs) and household maintenance (+1.8 hrs).
- **How much is time worth?** Australians told us that their time is valuable, but how much would they be willing to pay if they could buy one extra hour for themselves a day? On average the answer is \$98, but there are considerable differences depending on age, gender, work and family status.
- Women in the 30-49 age group would pay the most, valuing this extra hour at \$207 - more than double the average. Men aged 18-29 also valued their time relatively higher at \$138. Men (\$20) and women (\$14) over the age of 65 put the lowest monetary value on an extra hour of time. Australians engaged in home duties put the highest value on an extra hour of time (\$177), followed by full-time workers (\$131). Retirees (\$9) and full-time students (\$33) put a much lower value on extra time. With greater time pressures on people with children, it is not surprising they would also pay more for an extra hour of time (\$137) than those without children (\$94).

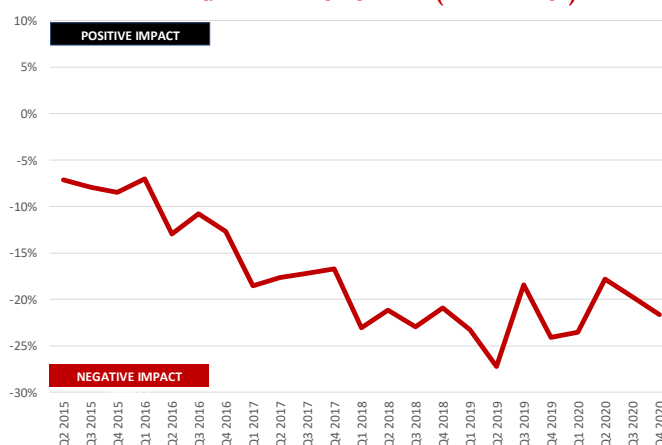
MAIN REPORT

Time is precious. It is intangible and once gone, we can never get it back. Managing it poorly or well has a huge impact on our lives. But for many Australians, time is challenging. Indeed, NAB's wellbeing research has consistently shown lack of time to be among the biggest detractors of overall personal wellbeing. In Q4 2020, NAB's Australian Wellbeing Survey identified lack of time as the third biggest detractor from overall wellbeing after events (such as abuse or victimisation) and debts other than our mortgages. And not only is lack of time one of the biggest detractors from personal wellbeing, it has also had a negative impact for growing number of Australians since mid-2015 when NAB first started compiling this data.

WELLBEING DRIVERS: OVERALL (NET BALANCE)

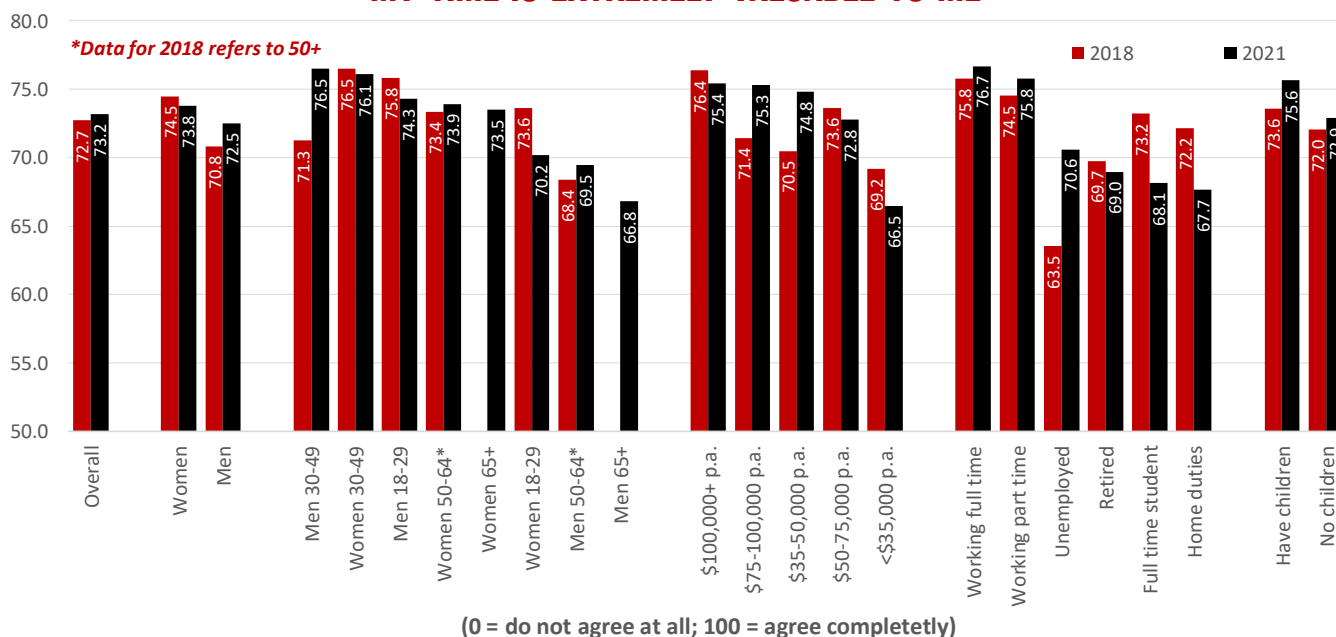


WELLBEING DRIVER: LACK OF TIME (NET BALANCE)

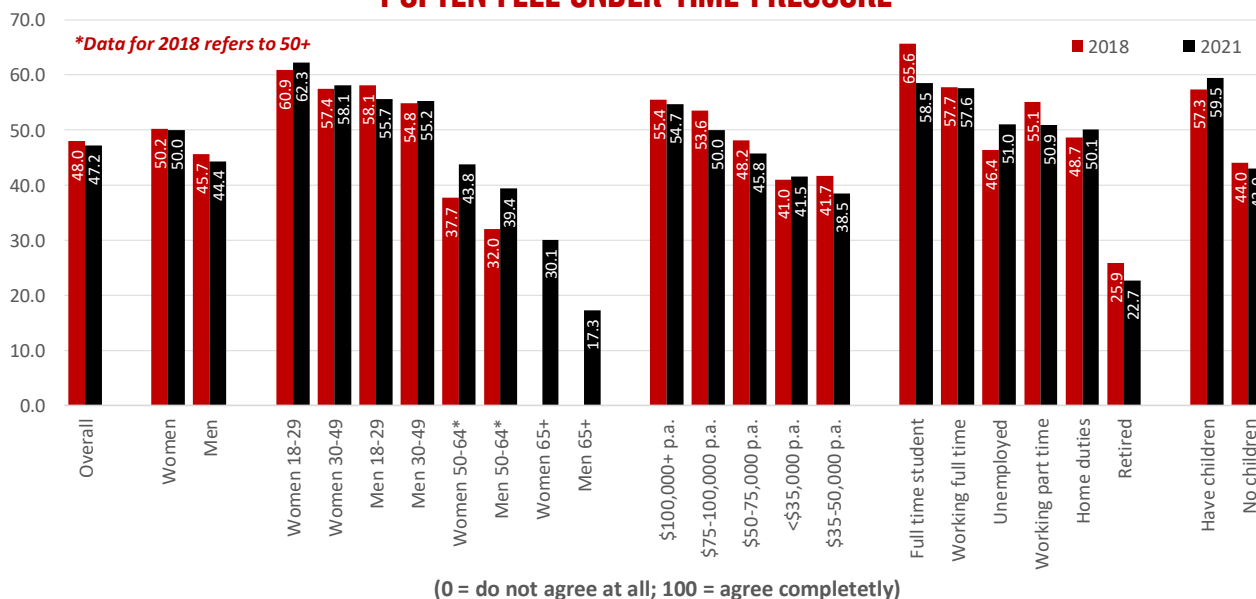


Australians continue to place a high value on their own time (73.2 points), and slightly higher than in NAB's 2018 Time Survey (72.7 points). The chart below shows time is most valuable in the 30-49 age group for both women and men, and valued much higher by men (76.5 points) than in 2018 (71.3 points). Older Australians valued their time least. There was little difference of opinion in most income groups, except the lowest income group who valued time lowest - and lower than in 2018 (66.5 points vs. 69.2 points). The value of time did however rise noticeably for people in the \$75-100,000 p.a. and \$35-50,000 p.a. income groups. By work status, full (76.7 points) and part-time (75.8 points) workers valued their time highest by some margin and those in home duties (67.7 points) and full time students (68.1 points) lowest, and much more so than in 2018. Unemployed people now place a much higher value on their time (70.6 points vs. 63.5 points), while people with children (75.6 points) also still value their time higher than those without (72.9 points).

MY TIME IS EXTREMELY VALUABLE TO ME



I OFTEN FEEL UNDER TIME PRESSURE

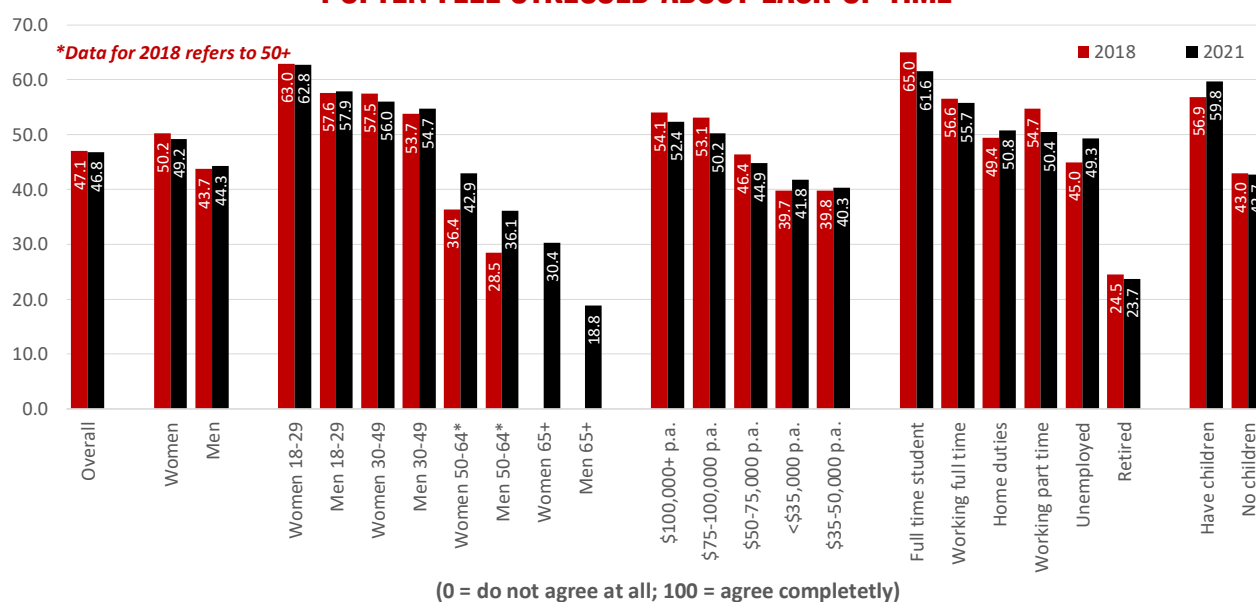


Australians are in broad agreement about feeling under time pressure (47.2 points) and feeling stressed by lack of time (46.8 points), with the extent of agreement around these issues also basically unchanged from 2018.

Overall, women (50.0 points) often feel under time pressure more than men (44.4 points) - and in all age groups particularly the 18-29 group (62.3 points women; 55.7 points men) and the over 65 group (30.1 points women; 17.3 points men). There is also a clear relationship with income. The highest income earners feel the most time pressure (54.7 points), with this stepping down in each income group to just 38.5 points in the lowest income group. By work status, full time students feel the most pressure (58.5 points), but much less so than in 2018 (65.6 points), followed by full time workers (57.6 points). Retirees are under the least pressure by a considerable margin (22.7 points). Time pressure is also much more apparent for Australians with children (59.5 points) than for those without children (43.0 points) and has also risen slightly relative to 2018.

A similar pattern was observed in relation to stress levels caused by lack of time. Women (49.2 points) expressed somewhat higher levels of stress about lack of time than men (44.3 points). Stress levels fell with age, but women rated their stress higher than men in all age groups, especially in the 18-29 age group (62.8 points women; 57.9 points men) and the over 65 group (30.4 points women; 18.8 points men). Higher income groups reported higher stress over lack of time. Stress was highest for full time students (61.6 points), but less so than in 2018 (65.0 points), followed by full time workers (55.7 points). Australians with children (59.8 points) were more often stressed about lack of time than those without (42.7 points), and more so than in 2018 (56.9 points).

I OFTEN FEEL STRESSED ABOUT LACK OF TIME



HOW WE ALLOCATE OUR TIME

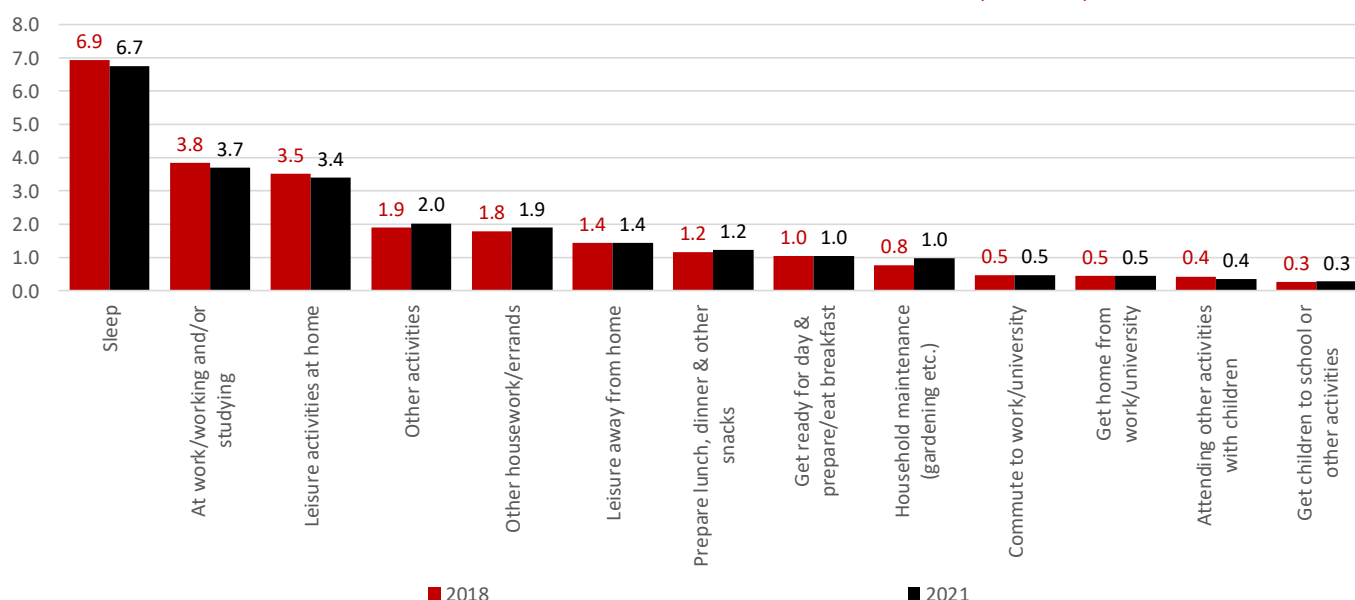
Australians (who are working or studying full-time) were again asked to tell us about a typical weekday and weekend in terms of how much time they spent on different activities. Overall, their time allocation was broadly unchanged across all areas during a typical weekday when compared to the 2018 survey.

On average, Australians said they slept 6.7 hours per day during a typical weekday, down slightly from 6.9 hours in 2018. They also spent a little less time at work, working or studying (3.7 hours vs. 3.8 hours in 2018) and on leisure activities at home (3.4 hours vs. 3.5 hours).

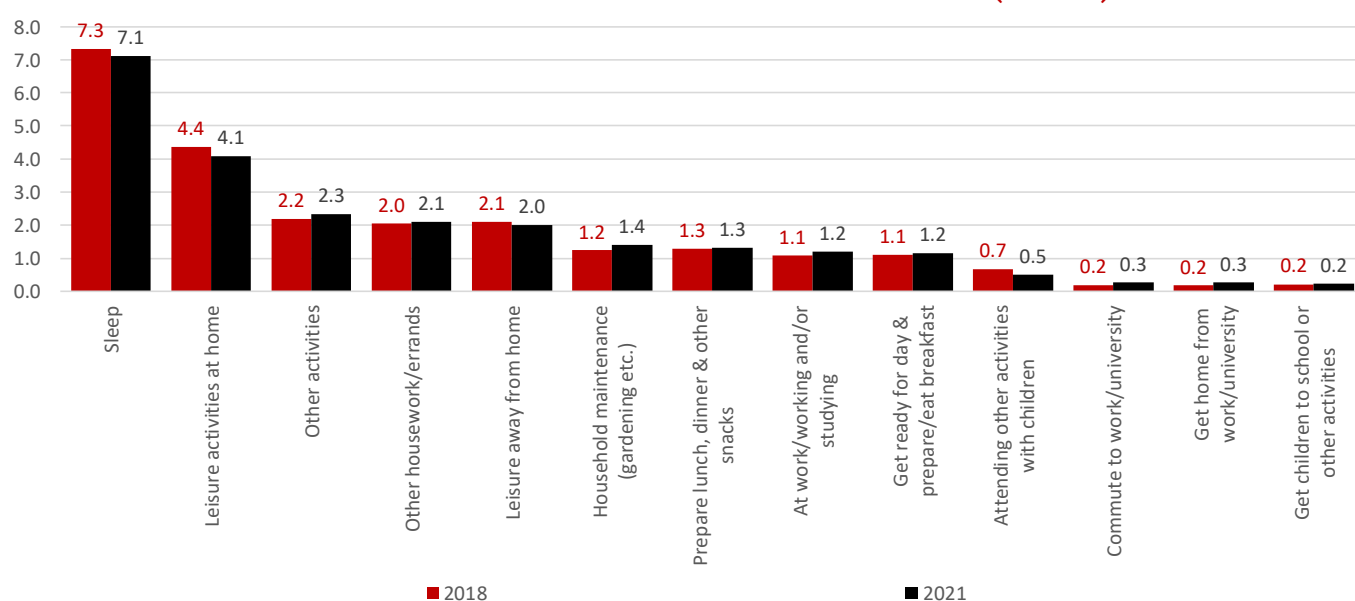
They did however spend a little more time on other activities (2.0 hours vs. 1.9 hours in 2018), other housework or errands (1.9 hours vs. 1.8 hours) and on household maintenance such as gardening, painting etc. (1.0 hour vs. 0.8 hours). They spent the same amount of time on all other activities ranging from 1.4 hours on leisure activities away from home to 0.3 hours per day on getting children to school or activities.

But the amount of time spent on these activities did vary considerably by age, gender, income and family status - see below for further detail.

AVERAGE TIME USE PER DAY: MONDAY-FRIDAY (HOURS)



AVERAGE TIME USE PER DAY: SATURDAY-SUNDAY (HOURS)

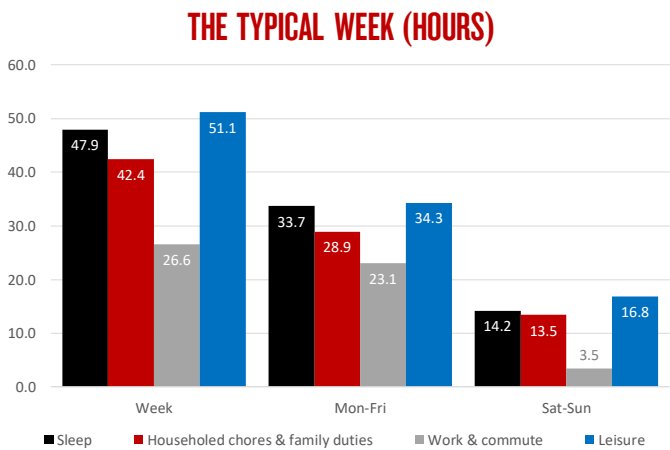


Does our time allocation change on weekends?

Yes. Australians on average sleep 0.4 hours more on a typical weekend (7.1 hours), although this is down slightly from 7.3 hours in the 2018 survey. We spend far less time at work, working or studying (1.2 hours vs. 3.4 hours on weekdays), but more time on leisure activities at home (4.1 hours vs. 3.4 hours on weekdays) and away from the home (2.0 hours vs. 1.4 hours). We also spend more time on household maintenance (1.4 hours vs. 1.0 hours) and other activities (2.3 hours vs. 2.0 hours).

But we spend about the same amount of time on all other activities on a typical weekend than we do on a typical workday, with time allocations also largely unchanged from 2018.

Again however, this can vary widely by age, gender, income and family status - see below for further detail.



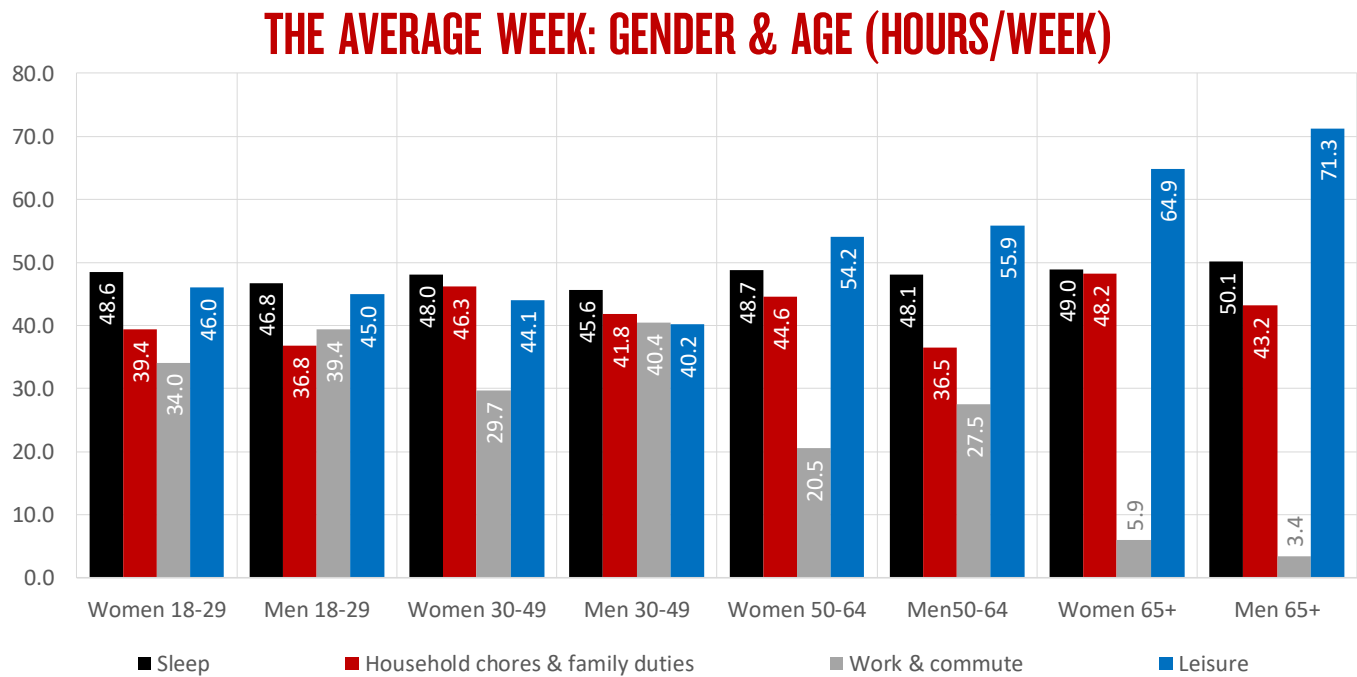
When looked at in aggregate, the typical 7-day week (168 hours of time) for the average Australian who is either working full or part-time or studying full-time is dominated by leisure time (51.1 hours), around the same as in 2018 (51.6 hours). We next spend most time sleeping (47.9 hours), but slightly less than in 2018 (49.2 hours).

The rest of their time is spent doing household chores or family duties (42.4 hours), and this has climbed from 40.4 hours in 2018). We are spending around 26.6 hours a week commuting to and from work and working, around the same as in 2019 (26.7 hours).

But the average hides some very big differences in how time is allocated by gender and age.

The chart below compares how time is spent during the average week by women and men in all age groups. It reveals some significant differences in how we use time by gender and by age. In the 18-29 age group, women spend more time sleeping than men (48.6 hours vs. 46.8 hours). But they also spend somewhat more time doing household chores & family duties (39.4 hours vs. 36.8 hours) and enjoy slightly more leisure time (46.0 hours vs. 45.0 hours). In contrast, men spend noticeably more time commuting and working (39.4 hours vs. 34.0 hours).

A similar pattern is evident in the 30-49 age group, although the gap widens noticeably in the amount of time women spend doing household chores (46.3 hours vs. 41.8 hours), and men commuting and working (40.4 hours vs. 29.7 hours). Women also spend more time on leisure activities than men (44.1 hours vs. 40.2 hours).

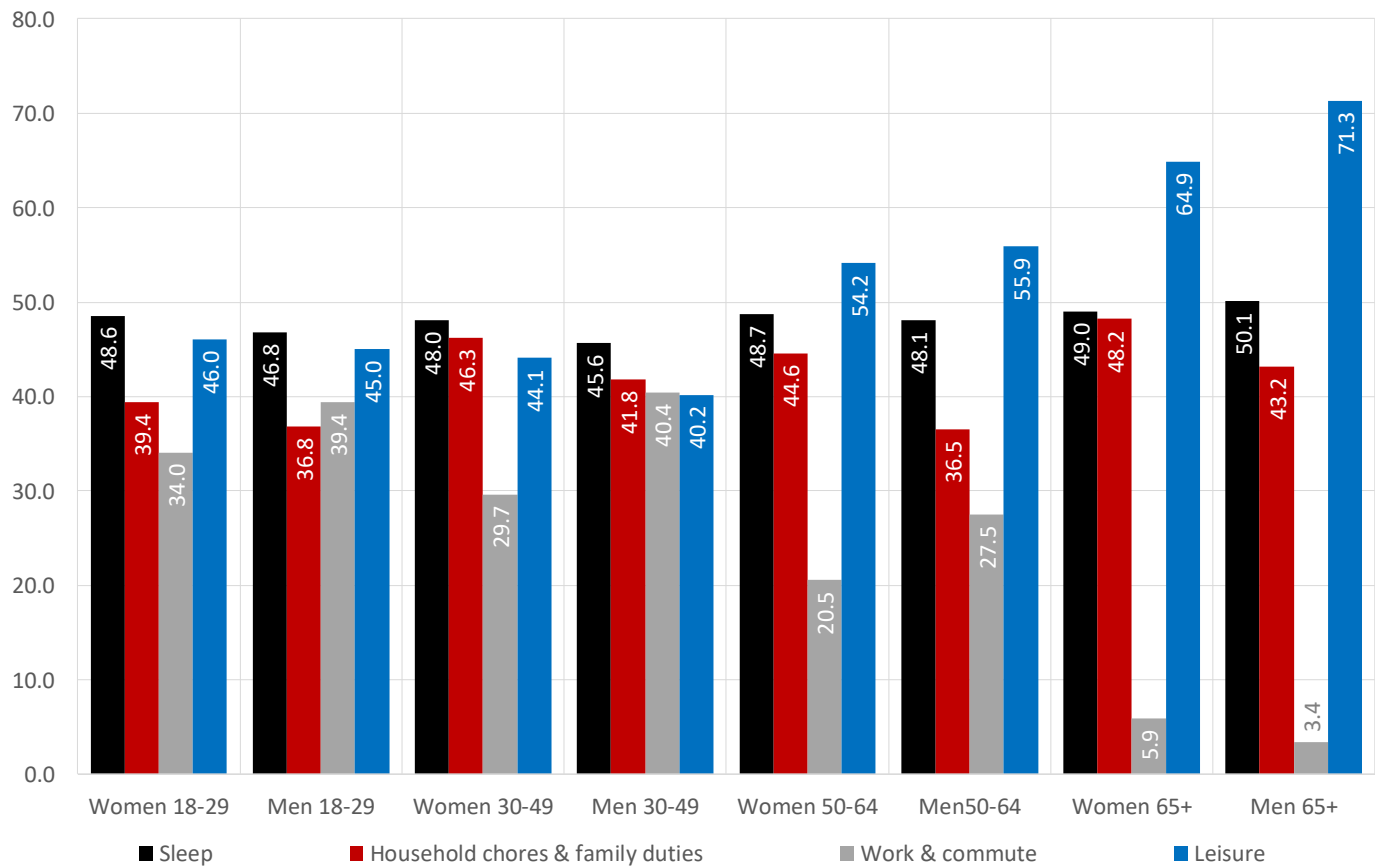


In the 50-64 group, women and men spend around the same time sleeping, but there is a big difference in the amount of time women spend on household chores (44.6 hours vs. 36.5 hours men) and men commuting and working (27.5 hours vs. 20.5 hours).

In the 65+ age group, the key differences relate to the amount of time women spend on household chores & family duties (48.2 hours vs. 43.2 hours) and men on leisure activities (71.3 hours vs. 64.9 hours).

The chart below also reveals that from the age of 50 onwards, leisure activities dominate time for both women and men, whereas in the 18-29 age group it is sleep and leisure.

THE AVERAGE WEEK: GENDER & AGE (HOURS/WEEK)



The tables below show the key areas of difference in how women and men spent time across the components of sleep, household chores & family duties, work & commute and leisure.

In the average week, women in the 30-49 age group sleep 2.4 hours more than men in the same age group, and those in the 18-29 age group 1.8 hours more. But men over the age of 65+ (+1.1 hours) spent more time sleeping than similarly aged women.

Commuting to work or university consumed significantly more time for men in the 18-29 (+2.8 hours) and 30-49 (+1.9 hours) age groups than for women in these age groups. Men aged 30-49 (+6.7 hours) and 50-64 (+5.5 hours) also spend much more time at work, working or studying than women.

In contrast, women in the 30-49 (+3.2 hours), 50-64 (+4.5 hours) and 65+ (+4.9 hours) spend much more time on other housework and errands than do men in these age groups. Women in the 30-49 (+1.5 hours), 50-64 (+1.8 hours) and 65+ (+1.9 hours) age groups also spend more time preparing lunch, dinner and other snacks than similarly aged men.

In other key take outs, leisure activities at home consume around 2.7 hours more time for women aged 18-29 and 2.1 hours more for women aged 30-49 than men. Women in the 30-49 age group also spend noticeably more time on other activities (+2.4 hours) as do men in the 65+ age groups (+5.8 hours) than their peers.

HOW TIME IS SPENT DURING AN AVERAGE WEEK: GENDER & AGE (HOURS/WEEK)

	Women 18-29	Men 18-29	Women 30-49	Men 30-49	Women 50-64	Men 50-64	Women 65+	Men 65+
Sleep	48.6	46.8	48.0	45.6	48.7	48.1	49.0	50.1
Get ready for day & prepare/eat breakfast	7.9	7.1	7.1	7.5	7.6	6.9	8.2	8.3
Get children to school or other activities	1.9	2.0	3.7	3.4	0.7	0.5	0.1	0.0
Attending other activities with children	2.9	2.4	6.0	5.5	1.1	1.1	0.1	0.0
Commute to work/university	3.6	6.4	2.9	4.8	1.5	2.3	0.4	0.4
At work/working and/or studying	27.2	26.8	24.5	31.2	17.4	22.9	5.1	2.3
Get home from work/university	3.3	6.2	2.3	4.4	1.6	2.2	0.5	0.7
Prepare lunch, dinner & other snacks	8.9	8.9	9.2	7.6	9.3	7.5	10.5	8.7
Other housework/errands	12.3	10.4	14.0	10.8	17.1	12.6	19.5	14.6
Household maintenance (gardening etc.)	5.5	6.1	6.3	7.0	8.9	7.9	9.8	11.6
Leisure activities at home	24.0	21.3	21.1	19.0	28.0	27.6	33.4	34.2
Leisure away from home	10.8	11.4	9.1	9.7	10.6	11.4	14.7	14.4
Other activities	11.2	12.3	13.8	11.5	15.6	16.9	16.8	22.6
TOTAL: Sleep	48.6	46.8	48.0	45.6	48.7	48.1	49.0	50.1
TOTAL: Household chores & family duties	39.4	36.8	46.3	41.8	44.6	36.5	48.2	43.2
TOTAL: Work & commute	34.0	39.4	29.7	40.4	20.5	27.5	5.9	3.4
TOTAL: Leisure	46.0	45.0	44.1	40.2	54.2	55.9	64.9	71.3

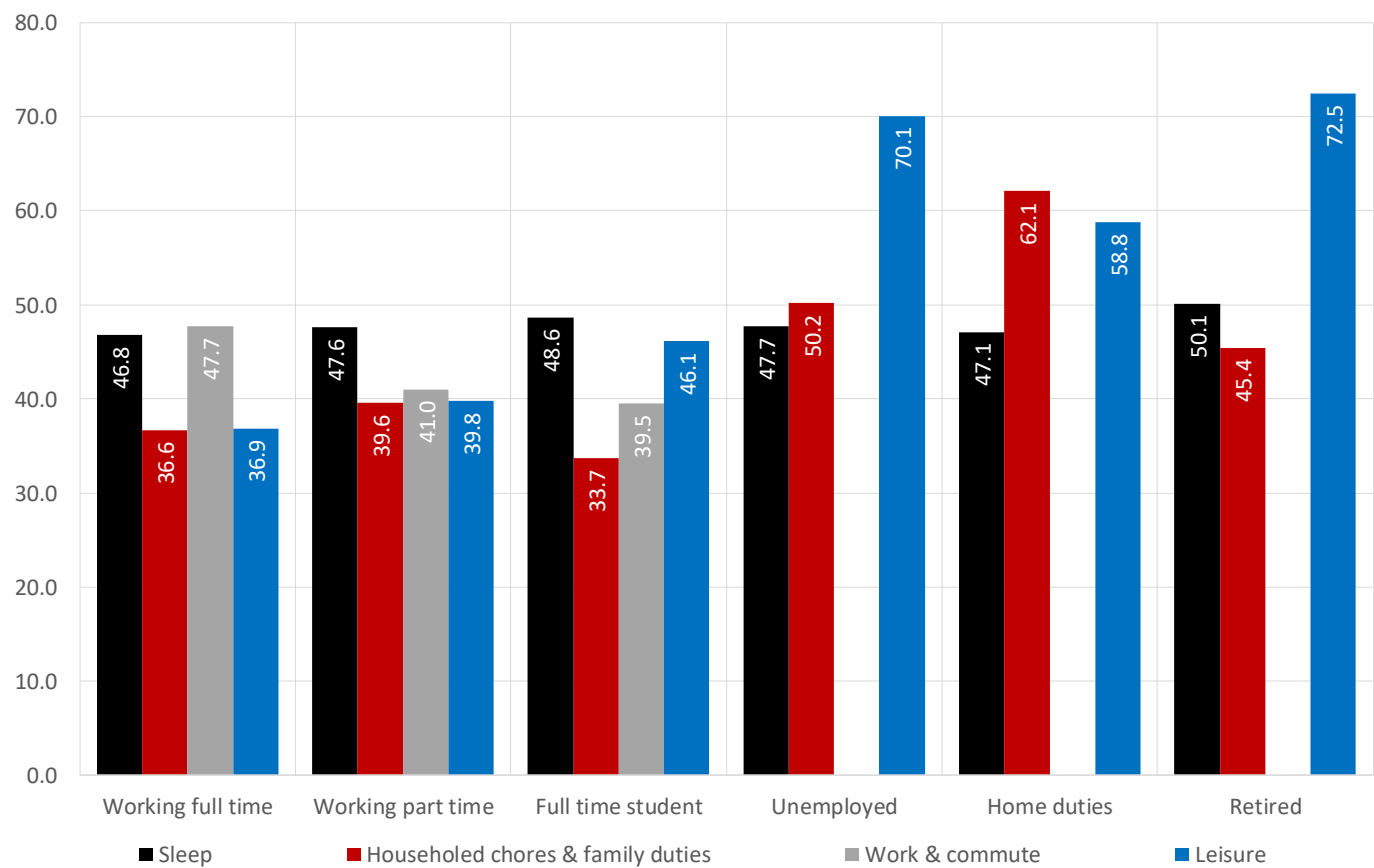
HOW MUCH MORE OR LESS TIME WOMEN ARE SPENDING RELATIVE TO MEN (HOURS/WEEK)

	18-29 Age group	30-49 Age group	50-64 Age group	65+ Age group
Sleep	1.8	2.4	0.6	-1.1
Get ready for day & prepare/eat breakfast	0.8	-0.4	0.7	0.0
Get children to school or other activities	-0.1	0.3	0.2	0.1
Attending other activities with children	0.5	0.5	0.0	0.0
Commute to work/university	-2.8	-1.9	-0.8	0.0
At work/working and/or studying	0.4	-6.7	-5.5	2.8
Get home from work/university	-3.0	-2.1	-0.6	-0.2
Prepare lunch, dinner & other snacks	0.1	1.5	1.8	1.9
Other housework/errands	1.9	3.2	4.5	4.9
Household maintenance (gardening etc.)	-0.6	-0.7	0.9	-1.9
Leisure activities at home	2.7	2.1	0.4	-0.8
Leisure away from home	-0.6	-0.6	-0.8	0.2
Other activities	-1.1	2.4	-1.4	-5.8
TOTAL: Sleep	1.8	2.4	0.6	-1.1
TOTAL: Household chores & family duties	2.6	4.5	8.0	5.0
TOTAL: Work & commute	-5.4	-10.8	-6.9	2.5
TOTAL: Leisure	1.0	3.9	-1.7	-6.4

The chart below compares how time is spent during the average week by work status. It reveals some interesting patterns. Not surprisingly, full-time workers spend the most time commuting and working each week (47.7 hours), ahead of part-time workers (41.0 hours) and full-time students (39.5 hours). Full-time workers also get the least sleep (46.8 hours) and spend the least amount of time on leisure activities (36.9 hours), but also less time on household chores & family duties (36.6 hours) after full-time students (33.7 hours).

Not surprisingly Australians engaged in home duties spend by far the most time on household chores & family duties (62.1 hours) and retirees on leisure and other activities (72.5 hours) and sleep (50.1 hours).

THE AVERAGE WEEK: WORK STATUS (HOURS/WEEK)



The tables below highlight how Australians (by work status) are allocating their time across the components of sleep, household chores & family duties, work & commute and leisure, and how this has changed relative to 2018.

In a typical week, Australians working full-time spend 38.3 hours at work, 4.9 hours commuting to work and 4.6 hours coming home from work. But they are spending less time doing these activities than in 2018 - around 1.8 hours less time working or studying, 0.1 commuting to work and 0.1 hours coming home.

Part-time workers spend 31.0 hours at work, 5.1 hours commuting to work and 5.0 hours coming home from work. But in contrast to full-time workers they are spending more time doing these activities than in 2018 - around 1.2 hours more time working or studying, 0.9 hours more commuting to work and 1.0 hour more coming home.

In total, full-time workers spend around 28% of their time during the week working and commuting and part-time workers around 24%.

Full-time workers also indicated they were spending less time on leisure activities at home (1.7 hours less), and somewhat more time on other activities (+1.8 hours), household maintenance (+1.6 hours) and preparing food (+0.6 hours). Part-time workers however shaved time off all areas to make up for more time at work and commuting, except household maintenance (+0.8 hours).

Sleep patterns are broadly similar, ranging from 46.8 hours for full-time workers to 50.1 hours for retirees. All groups however said they were sleeping less than in 2018, particularly the unemployed (4.6 hours less), people engaged in home duties (3.8 hours less) and full-time students (2.2 hours less).

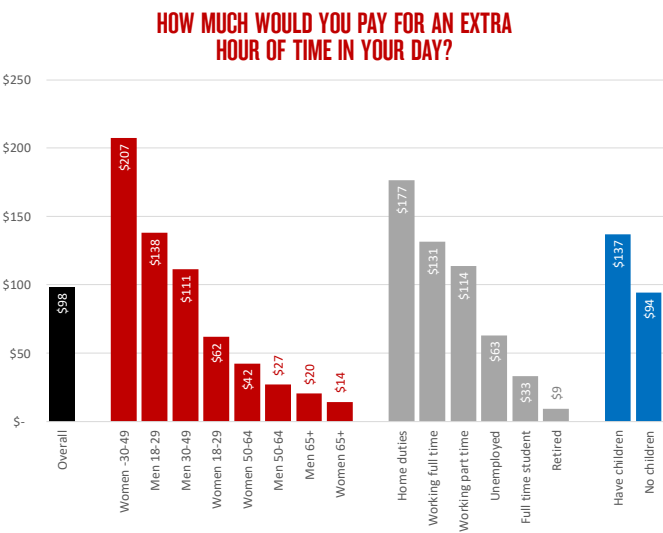
In other key changes, unemployed Australian cut back time spent on leisure activities at home (4.7 hours less) but spent more on other housework and errands (+3.9 hours), household maintenance (+3.4 hours) and preparing food (+2.9 hours). People engaged in home duties spent less time attending other activities with their children (2.0 hours less), but more on leisure activities at home (+3.9 hours) and other activities (+2.6 hours). Retirees spent more time on other housework and errands (+1.8 hours) and household maintenance (+1.8 hours).

HOW TIME IS SPENT DURING AN AVERAGE WEEK: WORK STATUS (HOURS/WEEK)

	Full-time worker	Part-time worker	Full-time student	Unemployed	Home duties	Retired
Sleep	46.8	47.6	48.6	47.7	47.1	50.1
Get ready for day & prepare/eat breakfast	6.9	7.4	8.1	8.6	7.9	8.0
Get children to school or other activities	2.4	2.1	1.0	1.4	4.6	0.0
Attending other activities with children	3.7	3.3	0.9	1.9	8.2	0.1
Commute to work/university	4.9	5.1	5.3	0.0	0.0	0.0
At work/working and/or studying	38.3	31.0	29.3	0.0	0.0	0.0
Get home from work/university	4.6	5.0	4.9	0.0	0.0	0.0
Prepare lunch, dinner & other snacks	7.3	8.3	7.9	11.7	11.2	9.5
Other housework/errands	10.0	12.3	12.0	17.7	20.6	17.1
Household maintenance (gardening etc.)	6.2	6.1	3.9	8.9	9.7	10.6
Leisure activities at home	17.7	20.3	21.6	35.0	30.1	35.8
Leisure away from home	8.8	10.1	12.4	14.2	9.0	15.2
Other activities	10.3	9.4	12.2	20.8	19.7	21.6
TOTAL: Sleep	46.8	47.6	48.6	47.7	47.1	50.1
TOTAL: Household chores & family duties	36.6	39.6	33.7	50.2	62.1	45.4
TOTAL: Work & commute	47.7	41.0	39.5	0.0	0.0	0.0
TOTAL: Leisure	36.9	39.8	46.1	70.1	58.8	72.5

HOW MUCH MORE/LESS TIME SPENT RELATIVE TO 2018 (HOURS/WEEK)

	Full-time worker	Part-time worker	Full-time student	Unemployed	Home duties	Retired
Sleep	-1.0	-0.6	-2.2	-4.6	-3.8	-0.6
Get ready for day & prepare/eat breakfast	0.4	-0.1	1.6	-0.1	-0.1	-0.2
Get children to school or other activities	0.4	-0.2	0.1	-0.2	-0.4	-0.1
Attending other activities with children	-0.3	-1.0	-0.9	-1.0	-2.0	-0.1
Commute to work/university	-0.1	0.9	0.9	0.0	0.0	0.0
At work/working and/or studying	-1.8	1.2	-1.7	0.0	0.0	0.0
Get home from work/university	-0.1	1.0	0.3	0.0	0.0	0.0
Prepare lunch, dinner & other snacks	0.6	0.1	0.3	2.9	-1.1	-0.2
Other housework/errands	0.2	-0.7	2.2	3.9	0.1	1.8
Household maintenance (gardening etc.)	1.6	0.8	0.7	3.4	1.7	1.1
Leisure activities at home	-1.7	-0.9	-2.3	-4.7	3.9	-0.8
Leisure away from home	0.0	-0.3	-0.7	1.4	-1.1	-0.7
Other activities	1.8	-0.1	1.5	-1.1	2.6	-0.2
TOTAL: Sleep	-1.0	-0.6	-2.2	-4.6	-3.8	-0.6
TOTAL: Household chores & family duties	7.0	3.1	5.8	11.9	8.5	2.6
TOTAL: Work & commute	-2.0	3.1	-0.4	0.0	0.0	0.0
TOTAL: Leisure	0.0	-1.3	-1.4	-4.3	5.5	-1.8



Australians told us that their time is valuable. But how much would they be willing to pay if they could buy one extra hour for themselves a day? On average the answer is \$98, but there are considerable differences depending on age, gender, work and family status.

Women in the 30-49 age group would pay the most, valuing this extra hour at \$207 - more than double the average. Men aged 18-29 also valued their time relatively higher at \$138. Men (\$20) and women (\$14) over the age of 65 put the lowest monetary value on an extra hour of time

Australians engaged in home duties put the highest value on an extra hour of time (\$177), followed by full-time workers (\$131). Retirees (\$9) and full-time students (\$33) put a much lower value on extra time

With greater time pressures on people with children, it is not surprising they would pay more for an extra hour of time (\$137) than those without children (\$94).

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