

Sleep time in the time use survey

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We spend about one-third of our life on sleeping which is essential for physical and mental health. Researches verified that both too much (above 8 hours) and too little sleep (under 7 hours) affect the state of health unfavourably, while the golden mean seems to be ideal. Sleep time forms an U-shaped curve over the life span. Younger people and the old sleep more, whereas the middle generation spends less time on sleeping. Women sleep somewhat more than men and sleeping has a relation with family lifecycle, with working time and with income, as well. In our overdriven lifestyle we can observe the conversion of sleep time to waking activities. In addition, some dimensions of the social inequality may influence the sleeping habits.

In the analysis of lifestyle some crucial evidences can be furnished from time use surveys. Investigations of these points and relations are based on the data of Hungarian time use survey 2009-10.

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