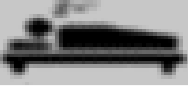
















Sri Lankans life in a week day and a week end day

Average Time (hours)

	Activity	Week day	Weekend day
	Sleep & Related	8.0	8.3
	Employment related	3.3	2.8
	Unpaid Domestic Services	2.7	3.0
	Learning	1.8	1.4
	Mass Media use	1.8	2.0
	Eating & Drinking	1.7	1.8
	Other Self Care	1.0	1.0
	Unpaid caregiving services	0.9	0.8
	Cultural & Leisure	0.7	0.8
	Socializing, Communication & community participation	0.5	0.7
	Religious practices	0.5	0.6
	Daily Traveling for work	0.5	0.4
	Sports practices	0.2	0.2
	Producing goods for own final use	0.1	0.2
	Unpaid Voluntary work	0.1	0.1

Note : These data are for Sri Lankans 10 years and above age. Figure shows the mean time spent on daily activities by a week day and a week end day. Mean time was calculated in reference to the total population who were age 10 years and above.

Source : Sri Lanka Time Use Survey 2017